美味しんぼ

28

雁屋 哲・花咲アキラ

スピリッツコミックス好評発売中！

美味しんぼ（雁屋哲・花咲アキラ）… 1 ～37集
Ｆ〈エフ〉（六田登）……全28巻
YAWARA！（浦沢直樹）…… 1 ～24集
神の左手悪魔の右手（楳図かずお）… 1 ～ 6 集
男樹（本宮ひろ志）…… 1 ～ 6 集
出直しといで！（一色まこと）……全 6 巻
以蔵のキモチ（佐藤宏之）…… 1 ～ 3 集
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ワタナベ（窪之内英策）……全 3 巻
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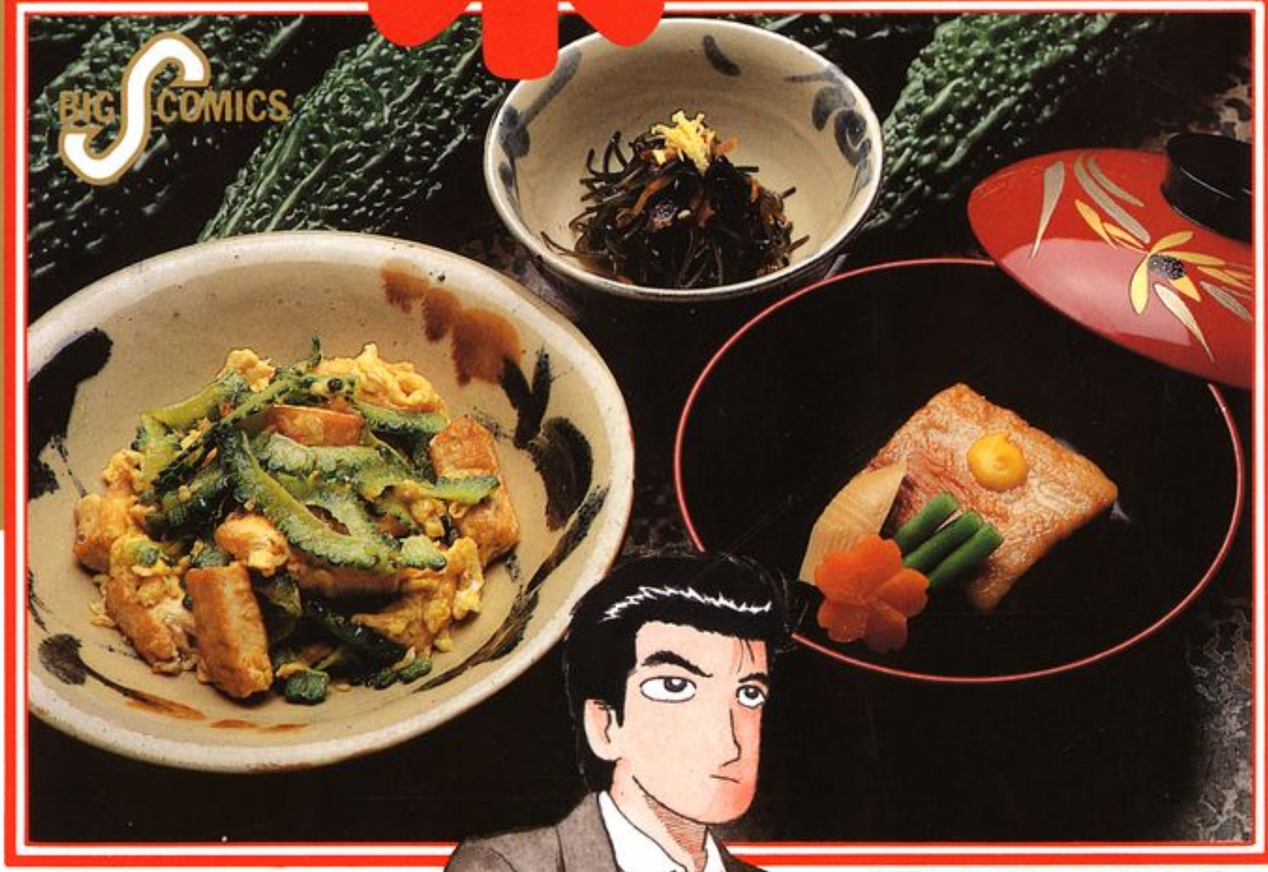
ギィルティ（狩撫麻礼・中村真理子）…… 1 集

装丁／海野一雄　　カバー・フォト／菊地和男

美味しんぼ



28 長寿料理対決!!

作・雁屋 哲
画・花咲アキラ

BIG COMICS

美味しんぼ 28

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雁屋 哲 著作集
花咲アキラ

■ ビッグコミックス

美味(おい)しんぼ……Ⅰ～37集発売中

■スピリッツコミックス好評発売中／■

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胡桃（佐藤宏之）……全 1 巻
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天使派リョウ(狩撫麻礼・中村真理子)……全10巻
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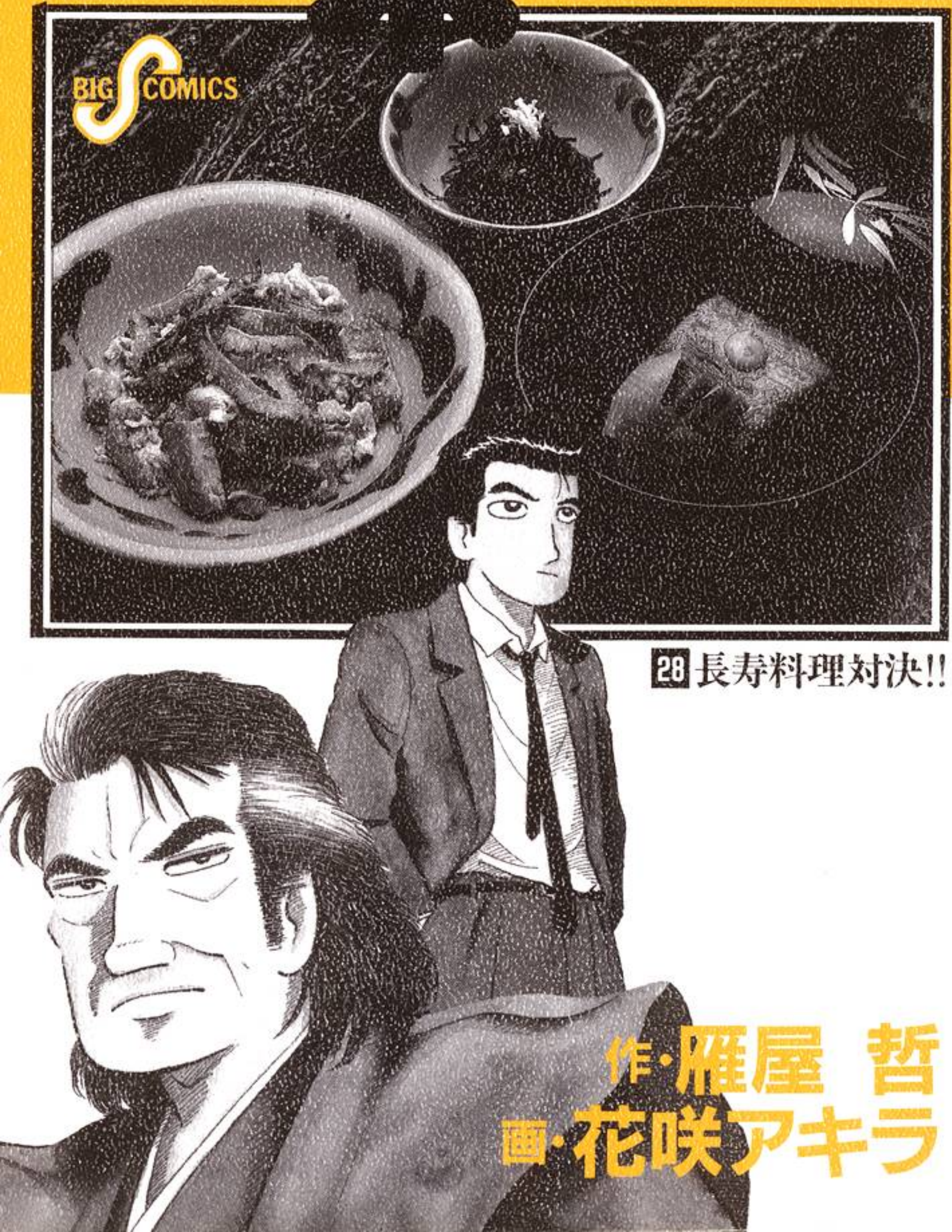
BOYS OF SUMMER(三田紀房)……全 1 巻
マドンナ(くじらいいく子)……全22巻
花男(松本大洋)……全 3 巻
スイートルーム(小池一夫・香川大八)……全 4 巻

美味しんぼ

BIG S COMICS



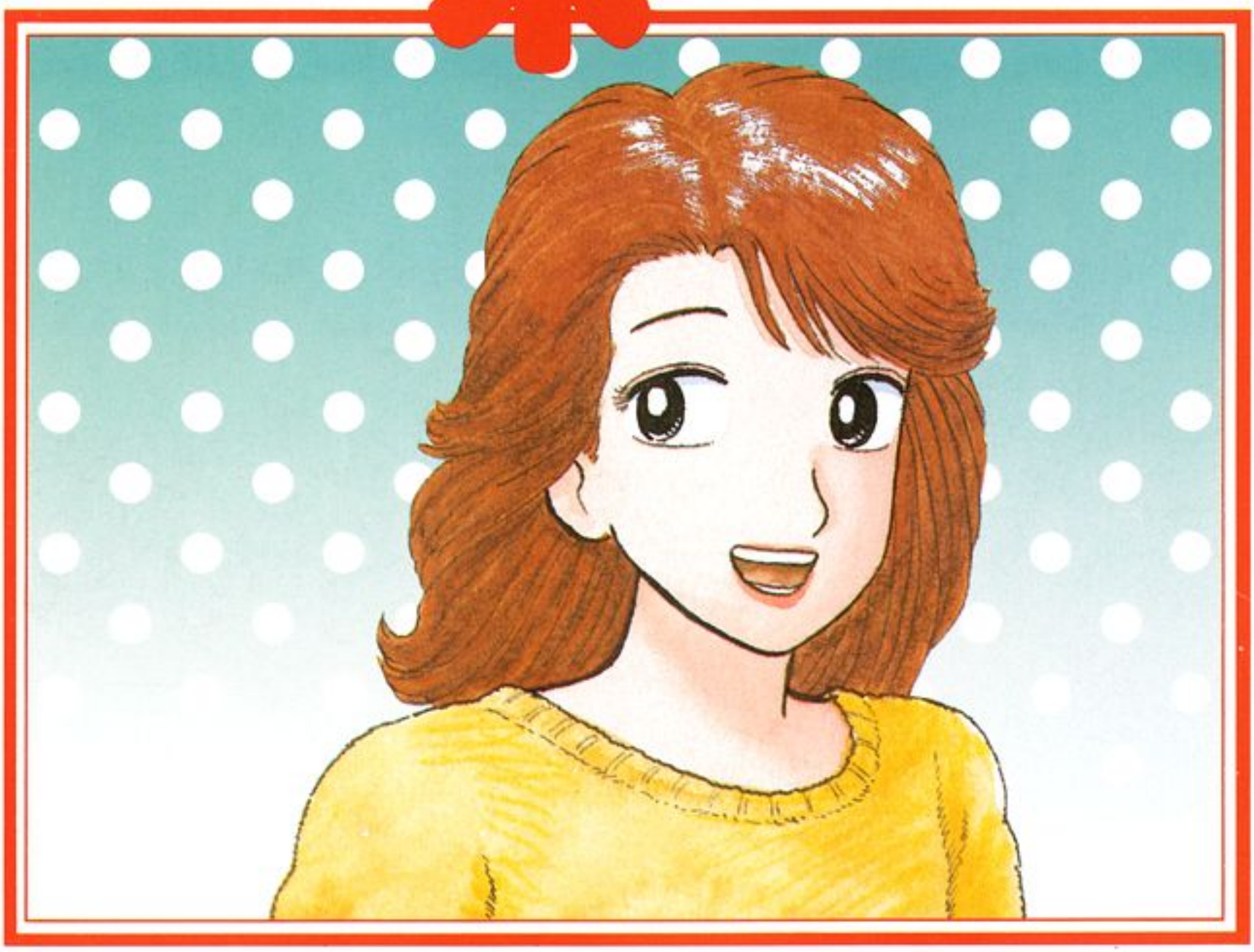
28 長寿料理対決!!

作・雁屋 哲
画・花咲アキラ

28 長寿料理対決!!

■右写真・ソーキソバ。カバー写真は左・ゴーヤチャンプルー（ニガウリ炒め）、右・ラフテー（角煮）、奥はクーブイリチー（昆布の炒め煮）、カバー裏・豆腐餡。調理/みやらびTEL03(3261)3453

美味(おい)しんぼ



美味(おい)しんぼ

28 長寿料理対決!!

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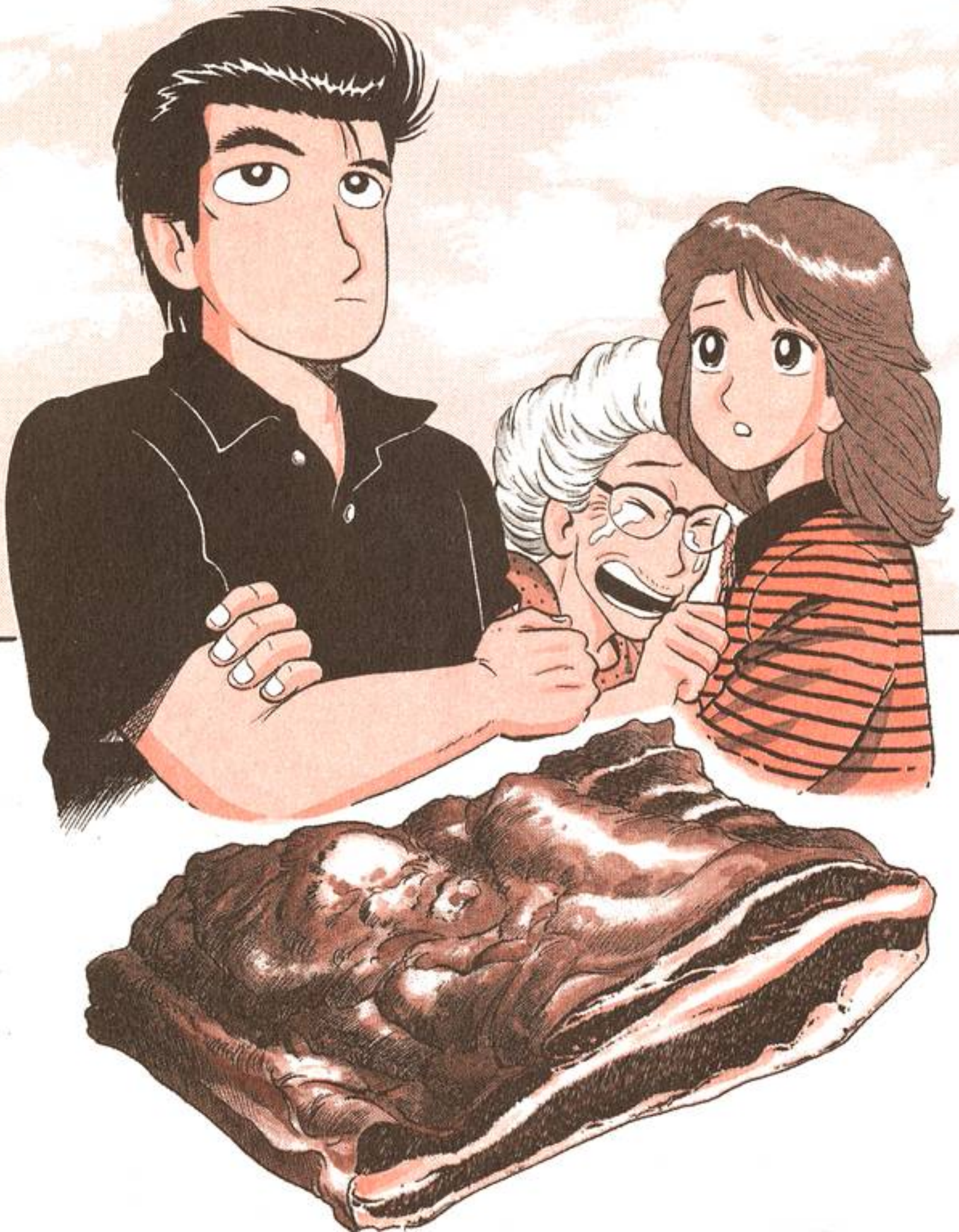
第1話

残されたベーコン

〈前編〉



GOOD MORNING!

TODAY IS SUNDAY,

WE'RE GOING ON A PICNIC WITH THE ARAKAWA COUPLE AND YAMAOKA-SAN, BRINGING OUR LUNCH.

WELL, THERE'S NO HELPING IT. EVERYONE BROUGHT A MOUNTAIN OF LUNCH.

A PICNIC SHOULD BE ABOUT ENJOYING THE SCENERY AND VISITING HISTORICAL SITES; IT SHOULD BE SOMEWHAT CULTURAL.

THIS FEELS LIKE JUST EATING IS THE ONLY PURPOSE, IT'S RATHER SHAMEFUL.

THEN, YAMAOKA-SAN, YOU CAN FOCUS ON YOUR CULTURAL ACTIVITIES.

YOU DON'T HAVE TO FORCE YOURSELF TO EAT.

2

HONESTLY, I DON'T WANT TO BE THE ONLY ONE ACTING CULTURED, SO I'LL RELUCTANTLY JOIN YOU ALL IN EATING.

わはははは

ALRIGHT, LET'S GET GOING!

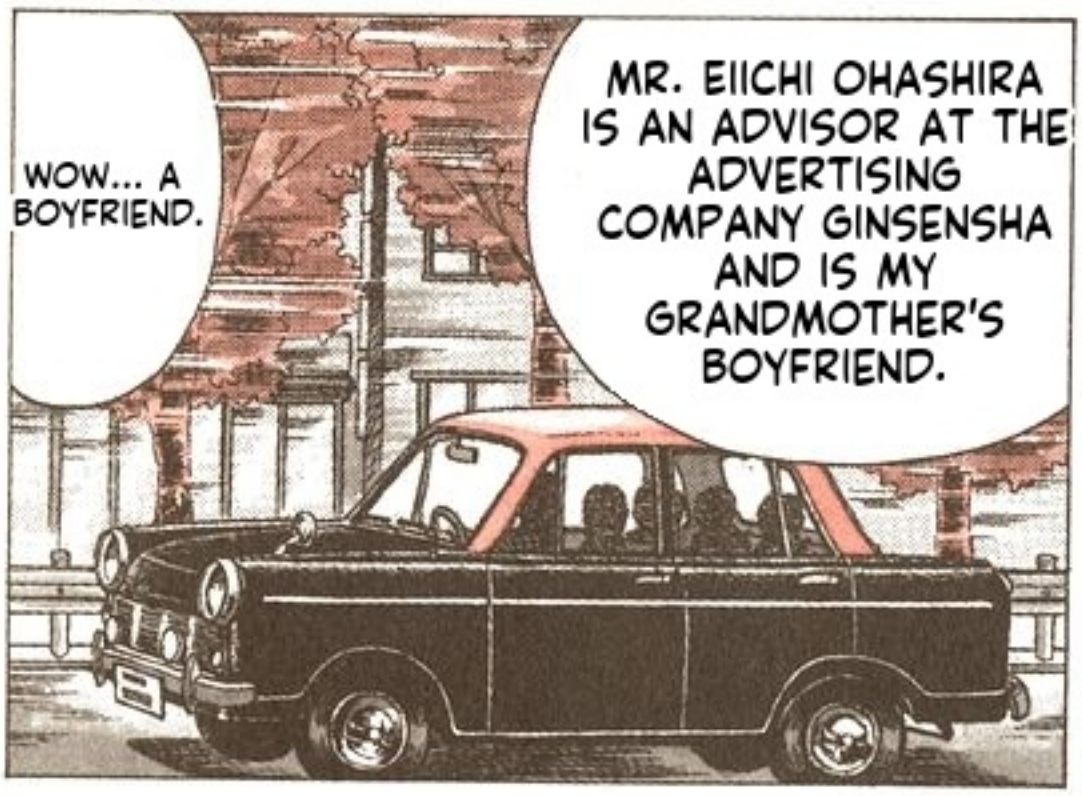
EEK...
ナヤ

キィィ

HE JUST DISAPPEARED!!
EIICHI HAS BEEN KIDNAPPED!
MR. OHASHIRA WAS KIDNAPPED?!

GRANDMA, WHAT'S WRONG?

EIICHI IS IN TROUBLE!
YUKO,


WOW... A BOYFRIEND.
MR. EIICHI OHASHIRA IS AN ADVISOR AT THE ADVERTISING COMPANY GINSENSHA AND IS MY GRANDMOTHER'S BOYFRIEND.

THEN I FOUND OUT THAT EIICHI HAS BEEN MISSING SINCE LAST NIGHT....

I THOUGHT I WOULD MAKE BREAKFAST FOR HIM....

I WENT TO EIICHI'S HOUSE EARLY THIS MORNING....

I TOLD YOU TO ASK THE POLICE!

WHAT ARE YOU GOING TO DO JUST WAITING FOR A CALL FROM EIICHI?!

THE OHA SHIRA FAMILY.

4

WHO IS THAT KUROKASHI PERSON....?

BUT, BUT KURITA-SAMA IS....

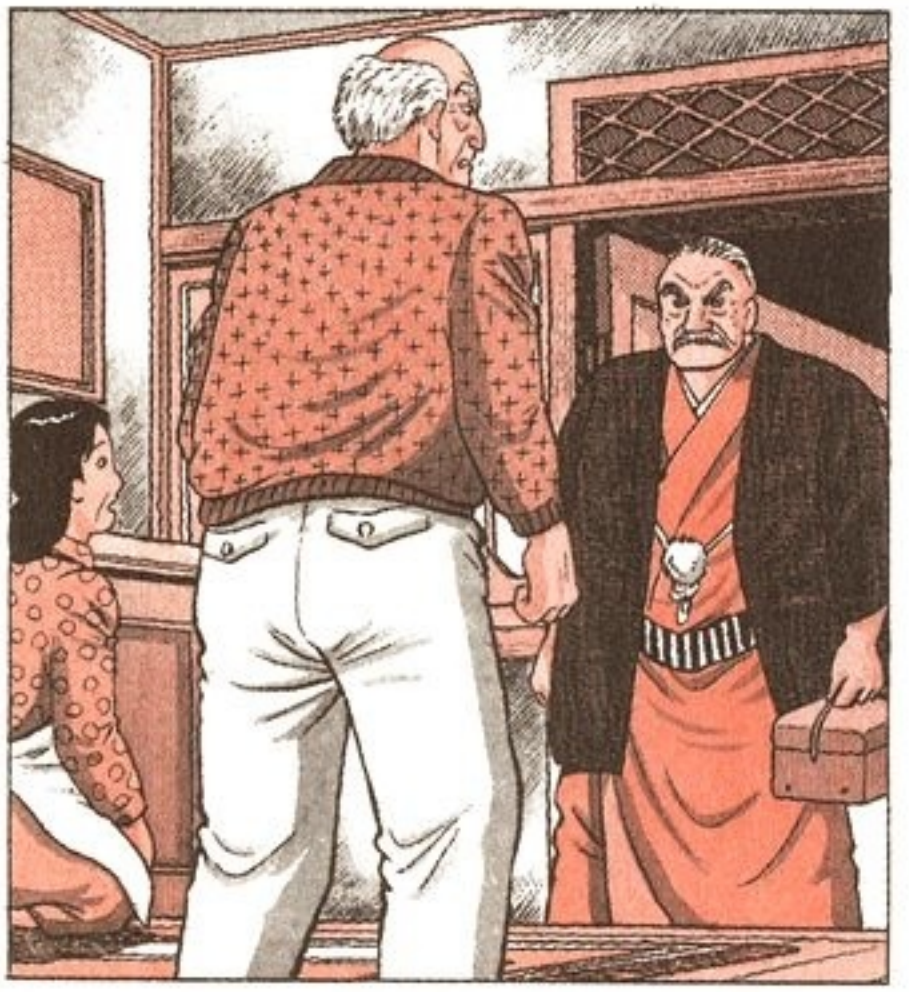
SHUT UP!

THAT NASTY KUROKASHI GUY!

HE WAS KIDNAPPED!

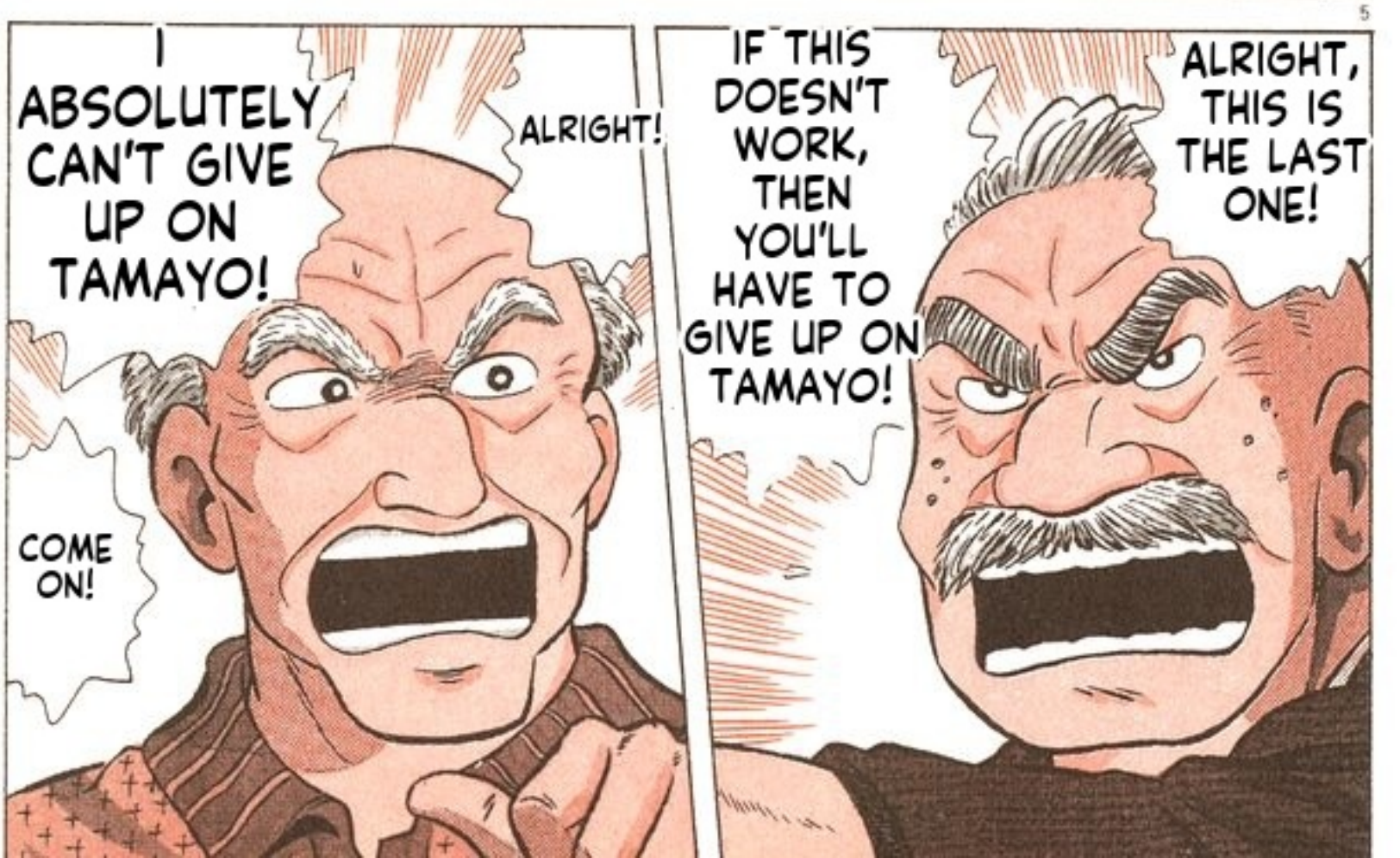
WOW, IT SOUNDS LIKE AN ELDERLY SOAP OPERA.
YIKES...

SO-HE-GOT JEALOUS OF EIICHI AND TRIED TO MAKE HIM SUFFER BY KIDNAPPING HIM.
I'M A FRIEND OF EIICHI, AND HE LIKES ME.



BUT WHY DO YOU SAY THAT OHASHIRA WAS KIDNAPPED?

KUROKASHI CAME OVER.
IT WAS ABOUT LAST NIGHT...


I ABSOLUTELY CAN'T GIVE UP ON TAMAYO!
ALRIGHT!
COME ON!
IF THIS DOESN'T WORK, THEN YOU'LL HAVE TO GIVE UP ON TAMAYO!
ALRIGHT, THIS IS THE LAST ONE!

SUDDENLY, THERE WAS A LOUD VOICE COMING FROM THE DINING HALL...

I WAS WAITING IN MY ROOM UNTIL I WAS CALLED, BUT...

YOU DON'T NEED TO COME UNTIL YOU'RE CALLED.

Y-YES.

THIS IS NOT WHAT WE AGREED ON! IF THIS DOESN'T WORK, THEN I'M GIVING UP ON TAMAYO!

SHUT UP! I'M GOING ALL THE WAY! YOU BACK OFF!

I CAN'T TAKE IT ANYMORE! I'LL SETTLE THIS WITH MY OWN HANDS!

MY FATHER AND KUROKASHI-SAN ARE IN KUROKASHI-SAN'S CAR...

I MISSED IT BY A STEP, AND I COULDN'T MAKE IT IN TIME,

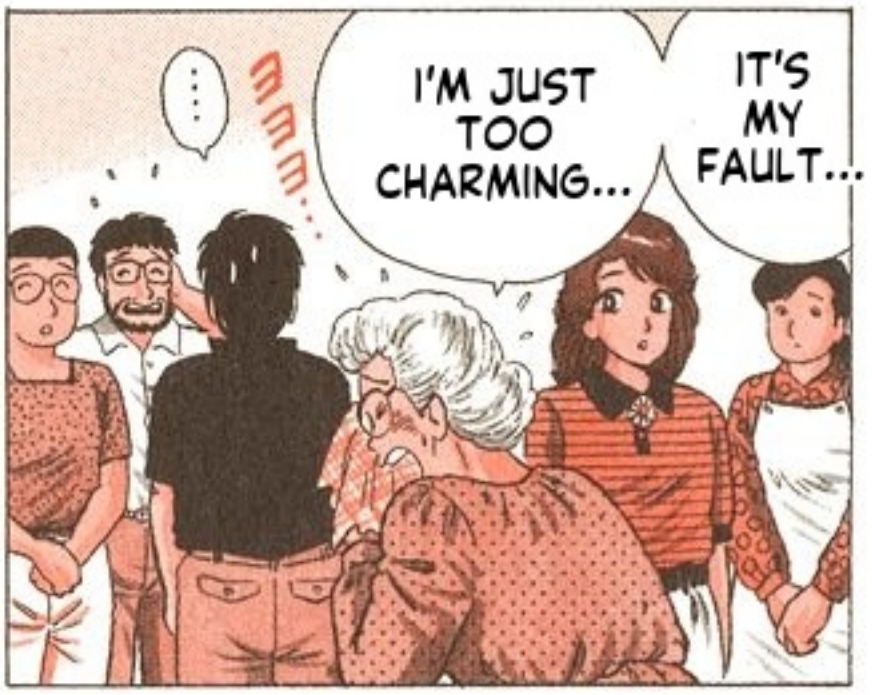
AH, WHAT ARE YOU DOING!

WHO'S PULLING OUT?

I WAS SO SURPRISED BY THE INTENSE ARGUMENT THAT I JUMPED OUT, BUT...

STILL, IT'S ODD THAT WE HAD AN ARGUMENT IN THE KITCHEN.

I LEFT IT JUST LIKE LAST NIGHT...


MMM...
I'M JUST TOO CHARMING...
IT'S MY FAULT...

WHAT IS THIS?
POTATOES, ONIONS, BACON...

HMM...

IT'S STRANGE TO HAVE A HOT POT DISH, ISN'T IT?
I WONDER WHAT THE TWO OF THEM WERE EATING?

EIICHI-SAN?!

EVERYONE! FATHER IS ON THE PHONE!

WHERE ARE YOU AT NOW?!

WHAT? YOU'RE NOT COMING BACK FOR FOUR OR FIVE DAYS?

THIS IS STRANGE...

...HE HUNG UP...

8

GRANDMA...

EIICHI-SAN!

THAT PHONE CALL, MAYBE SOMEONE FORCED THEM TO DO IT...!

THAT'S NEVER HAPPENED BEFORE...

TO LEAVE FOR FOUR OR FIVE DAYS WITHOUT PREPARING ANYTHING AROUND YOU...

THIS IS UNDER THE JURISDICTION OF THIS AREA, SO I HAD THEM INVESTIGATE RIGHT AWAY.

DETECTIVE IDE IS YOUNG BUT QUITE SKILLED.

1

KUROKASHI IS ALSO THE PRESIDENT OF A HIGH-END FOOD SALES COMPANY AND IS WEALTHY.

MR. OHASHIRA IS THE FOUNDER OF GINSENSHA AND IS VERY RICH.

I INVESTIGATED KUROKASHI'S HOUSE AND ITS SURROUNDINGS, BUT KUROKASHI IS ALSO MISSING.

SO FAR, I HAVEN'T BEEN ABLE TO FIND ANY CLUES.

KUROKASHI'S FAMILY IS ALSO WORRIED.

9

AS AN INVESTIGATOR, I'M ALSO CONSIDERING THE POSSIBILITY OF A KIDNAPPING FOR RANSOM BY A THIRD PARTY.

KUROKASHI IS HOLDING EIICHI SOMEWHERE!

THE DISAPPEARANCE OF TWO WEALTHY OLD MEN IS UNSETTLING.

.....

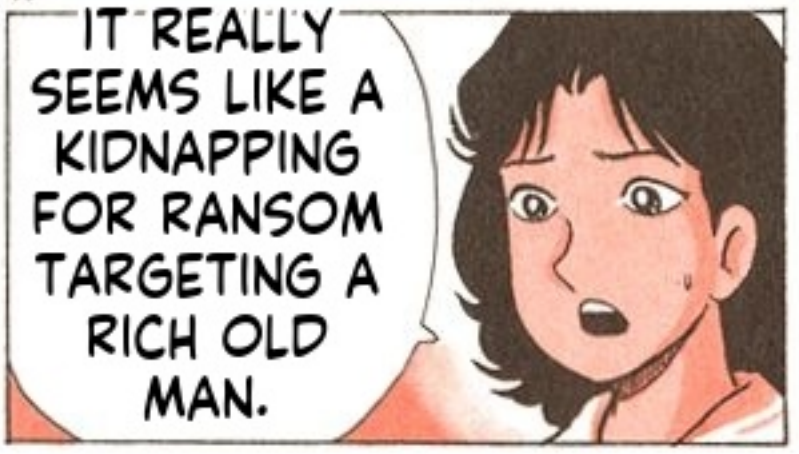
IT HAS TURNED INTO A SERIOUS SITUATION...
RANSOM?!

EEK... EIIICHI-SAN...

東西新聞社

HOWEVER, IT'S HARD TO BELIEVE THAT SOMEONE LIKE KUROKASHI WOULD GO TO SUCH LENGTHS TO BECOME TAMAYO'S BOYFRIEND.

WELL, IT SURE HAS BECOME A SERIOUS SITUATION.


IT REALLY SEEMS LIKE A KIDNAPPING FOR RANSOM TARGETING A RICH OLD MAN.

THIS COULD TURN INTO A MAJOR INCIDENT!
THIS IS,
THE NEWS ORGANIZATIONS HAVE SIGNED AN AGREEMENT, AND THEY'RE KEEPING THIS MATTER UNDER WRAPS...

YOU WANT ME TO TEACH YOU HOW TO COOK BACON?
YEAH.

HUH?
HEY YAMAOKA, GIVE ME A HAND.

OH, MATSUKAWA FROM THE POLITICAL DEPARTMENT.

YES.
PLENTY OF BUTTER ON IT.
HEY, TOAST WITH

I ENDED UP SNAPPING AT MY WIFE.

HEY TOAST! TYPICAL JAPANESE HUSBAND.

IF SHE SEES YOU LIKE THAT, IT'LL BE EMBARRASSING... THE REPUTATION OF JAPANESE PEOPLE WILL GET WORSE AGAIN.

UGH...

I DON'T WANT YOU TO DO THINGS LIKE THAT IN FRONT OF MY COUSIN.

HEY, NEXT WEEK, MY COUSIN IS COMING FROM AMERICA, RIGHT?

HUH?

YOU'RE FULL OF LIES.

HEY! I CAN FRY BACON!

RUDE; MY COUSIN'S HUSBAND CAN MAKE OMELETS AND FRY BACON, BUT I DON'T EXPECT YOU TO DO THAT.

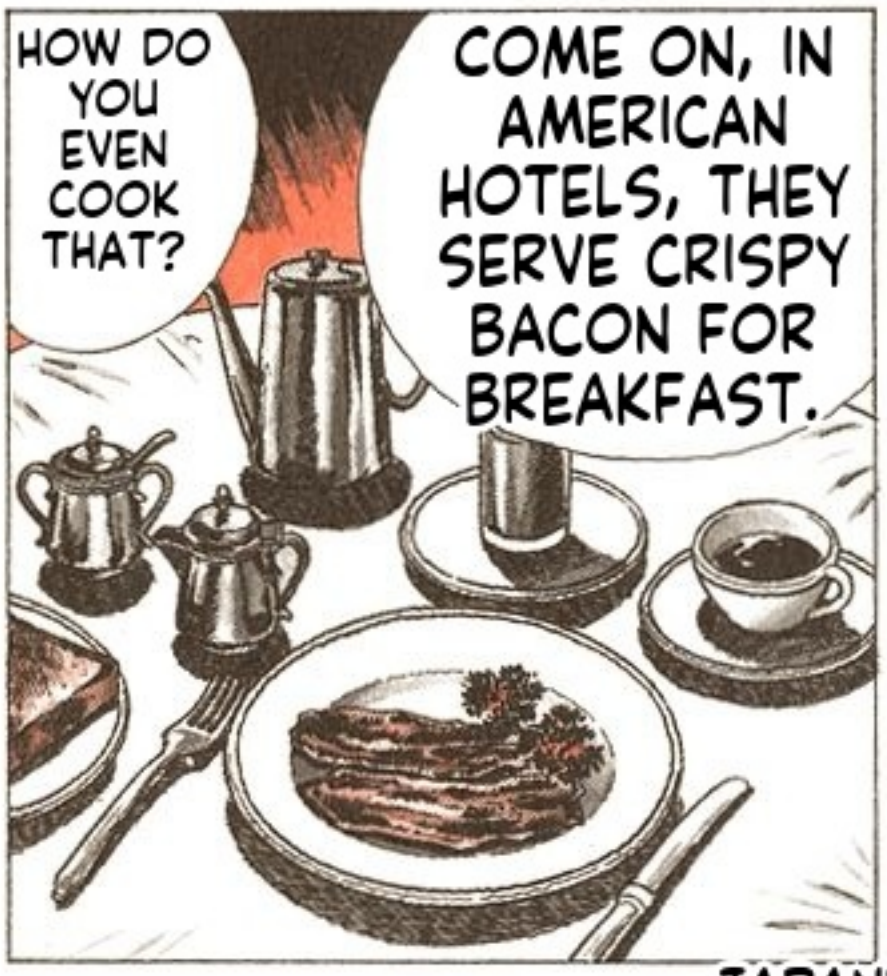
I JUST DON'T WANT YOU TO ACT

ALRIGHT, WHAT SHOULD I DO THEN?

THAT'S HOW IT IS.

JUST HOW GOOD A COOK A JAPANESE HUSBAND CAN BE!

DON'T MESS WITH ME! I'LL SHOW YOUR COUSIN!

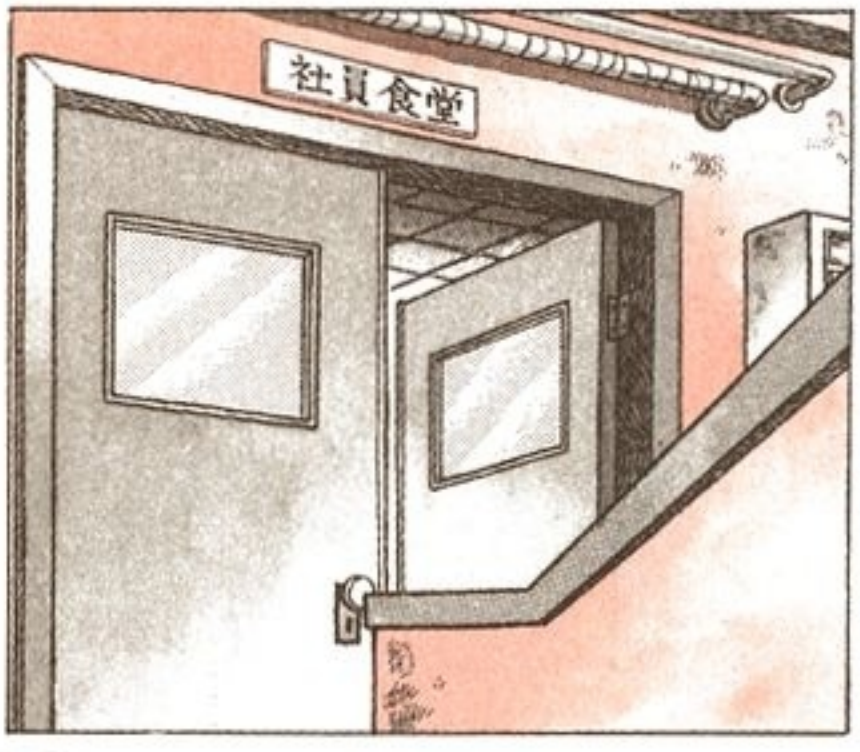

HOW DO YOU EVEN COOK THAT?
COME ON, IN AMERICAN HOTELS, THEY SERVE CRISPY BACON FOR BREAKFAST.

TEACH ME HOW TO COOK BACON.

EVEN IF YOU SAY BACON DISHES...

ARE YOU OKAY WITH ME EXPOSING THE DISGRACE OF JAPANESE HUSBANDS?
OR WHAT?

JAPANESE MEN REALLY ARE RAISED TO BE SPOILED, AREN'T THEY?
DON'T SAY THAT.
I'M AMAZED, YOU CAN'T EVEN COOK BACON PROPERLY.


社員食堂

DO YOU WANT TO FURTHER DAMAGE THE REPUTATION OF JAPANESE PEOPLE?
DON'T SAY SUCH STUPID BULLSHIT!

YES, BACON.

WHAT-ARE YOU TALKING ABOUT? IF IT'S FOR THE HONOR OF JAPANESE MEN, I HAVE TO HELP.

SORRY ABOUT THAT, CHEF.

ONCE THE FRYING PAN IS HEATED...

PLEASE, COME ON.

IF IT'S CRISPY BACON, I CAN SHOW YOU HOW TO DO IT.

I'LL KEEP COOKING IT AS IS.

SOMETIMES YOU NEED TO FLIP IT OVER,

LET'S PUT THE BACON ON.

ジュウウ

...IF YOU KEEP COOKING IT LIKE THAT, WON'T IT BURN?

YEAH... THE OIL HAS POOLED AND SOAKED THE BACON.

IT'S OKAY. LOOK, THE FAT FROM THE BACON IS RELEASING OIL AND ACCUMULATING IN THE FRYING PAN.

WHEN THE FAT HAS COMPLETELY RENDERED OUT, IT'S DONE.

I'LL KEEP COOKING WHILE BEING CAREFUL ABOUT THE HEAT SO IT DOESN'T BURN.

IT'S JUST LIKE IT'S BEING FRIED IN OIL.

THAT'S RIGHT, THE BACON IS SOAKING IN THE OIL THAT COMES OUT OF ITSELF,

ジュ"

THAT'S TRUE.

15

OVERALL, IT'S PERFECTLY CRISPY BACON.

LOOK, THE FATTY PARTS ARE CRISPY, AND THE LEAN PARTS ARE BRICK-COLORED AND CRUNCHY,

WHEN YOU SCOOP UP THE RUNNY YOLK WITH THIS CRISPY BACON, IT'S VERY DELICIOUS.

SERVED WITH A FRIED EGG,

THAT'S HOW YOU GET CRISPY BACON!

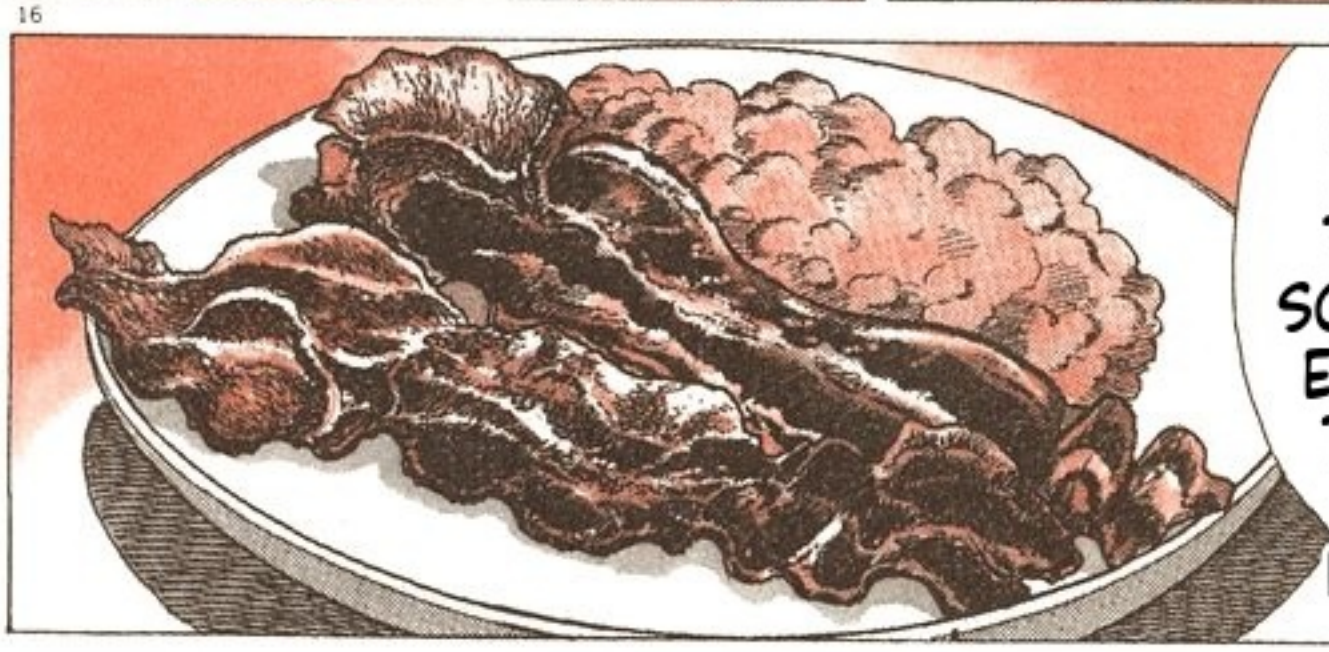
I SEE! FROM A CERTAIN POINT, IT STARTS TO TASTE LIKE IT'S FRIED IN THE BACON'S OWN FAT.

THE CRUNCHY, SAVORY BACON COMBINED WITH THE CREAMY FLAVOR OF THE EGG YOLK,

AH HA!

THIS IS GREAT!

16



IT'S REALLY LOVELY TO PILE SCRAMBLED EGGS ON TOP OF CRISPY BACON.

BLENDS PERFECTLY WITH THE SALTINESS OF THE BACON!

YEAH! THE FLAVOR OF THE WARM, FLUFFY SCRAMBLED EGGS

PLACE THE BACON ON THE GRILL.

OH, CHARCOAL-GRILLED, HUH?

NOW IT'S TIME FOR THE CHARCOAL-GRILLED BACON.

WHEN THE FAT BECOMES TRANSLUCENT, IT'S JUST RIGHT.

THE BACON CURLS UP AND BECOMES UNEVEN,

WHEN THE BACON IS SMOKED BY THAT SMOKE, IT ADDS FLAVOR.

JUICES ARE DRIPPING AND FALLING ONTO THE CHARCOAL, CREATING SMOKE.

17

THEN I PLACE THIS BACON ON TOP...

I SLATHER MUSTARD GENEROUSLY ON THE TOAST.

ON TOP OF THAT, ANOTHER SLICE OF TOAST.

AND THE TOAST SANDWICH IS COMPLETE.

THE FLAVOR SMOKED BY THE FAT IS ODDLY ENTICING!

ガ〜〜

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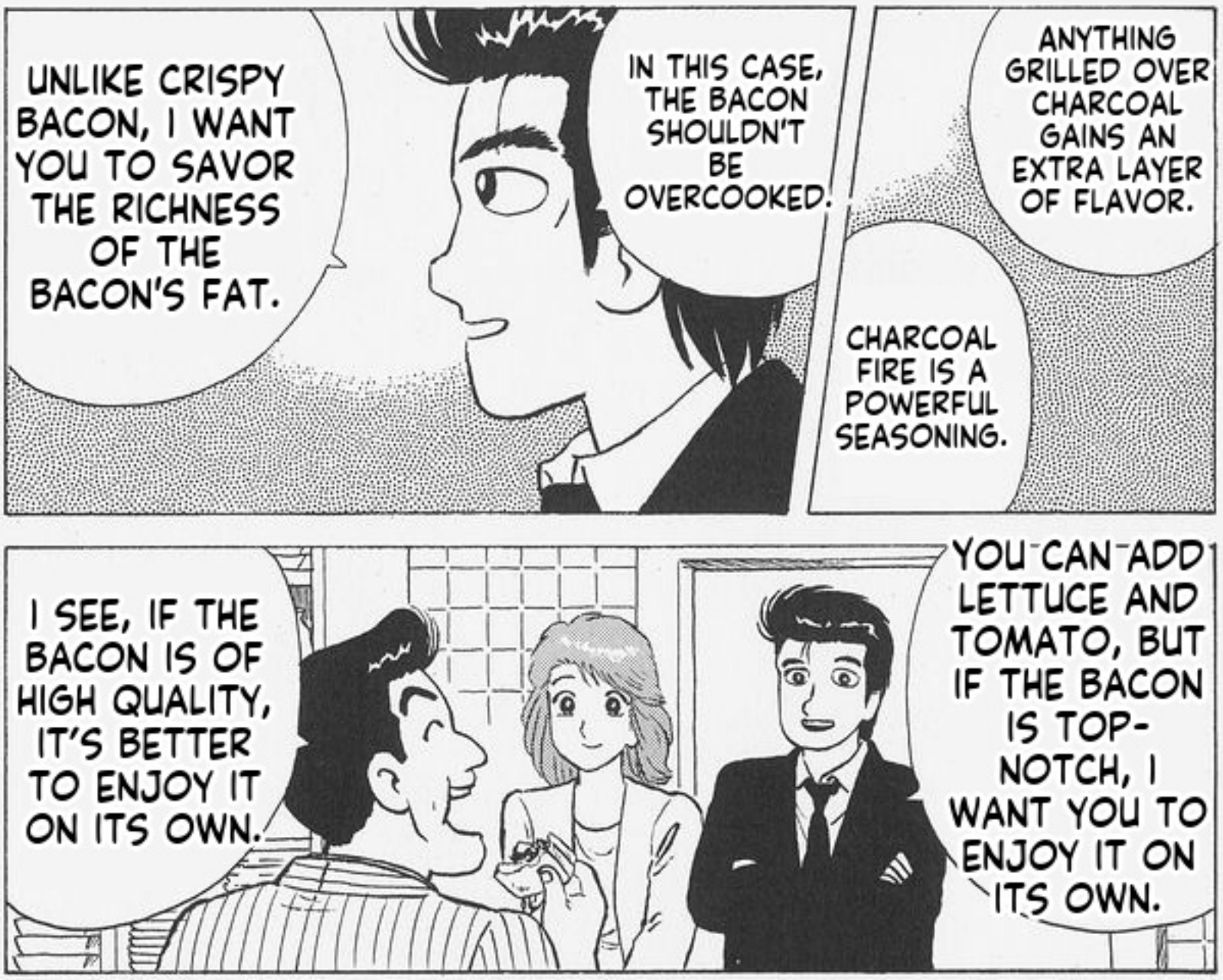
I NEVER KNEW A SANDWICH WITH JUST BACON COULD BE THIS GOOD!

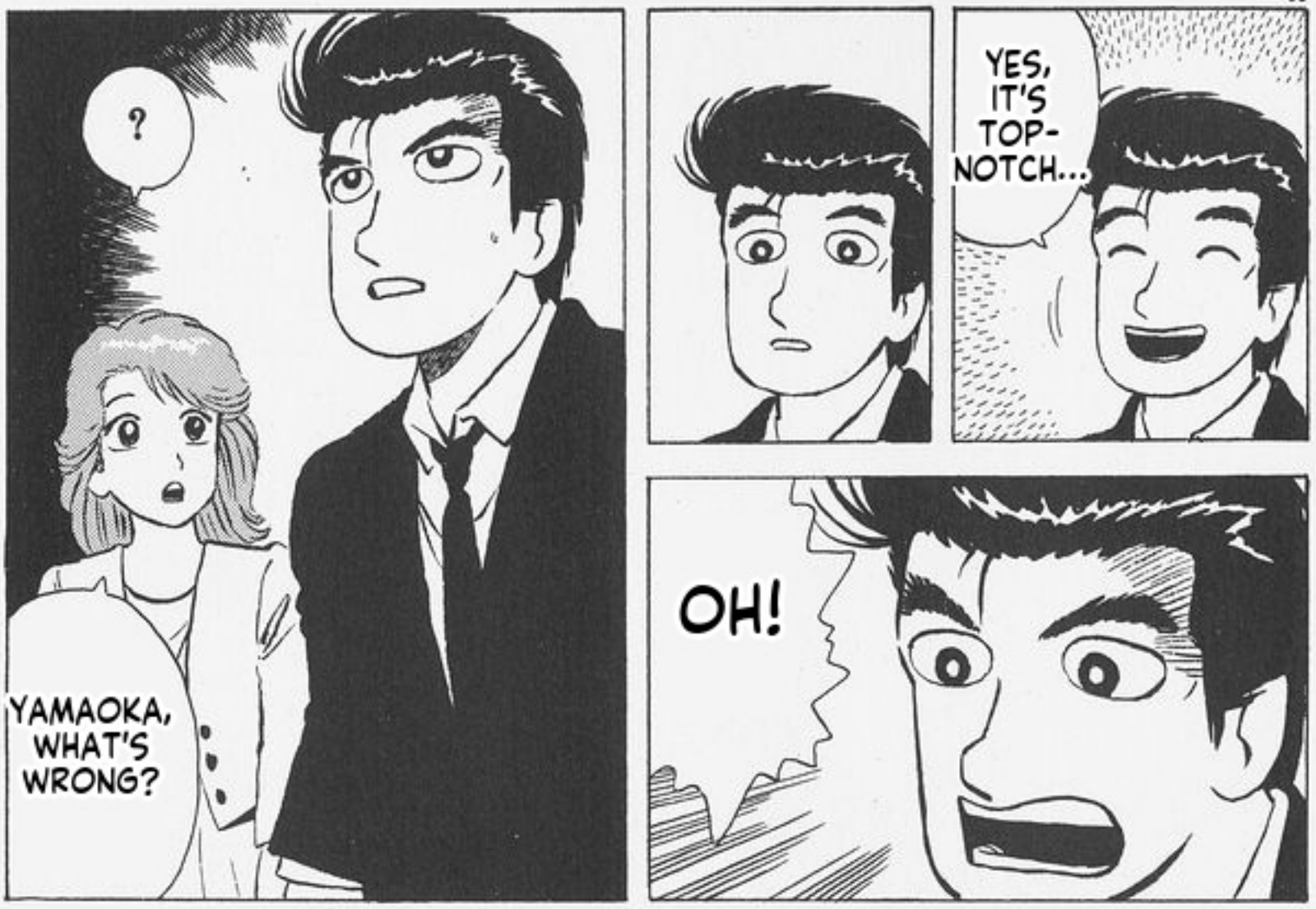
ハ〜〜ク

WHOA!

FAT IS SIZZLING OUT!

OISHINBO 28


UNLIKE CRISPY BACON, I WANT YOU TO SAVOR THE RICHNESS OF THE BACON'S FAT.
IN THIS CASE, THE BACON SHOULDN'T BE OVERCOOKED.
ANYTHING GRILLED OVER CHARCOAL GAINS AN EXTRA LAYER OF FLAVOR.
CHARCOAL FIRE IS A POWERFUL SEASONING.
I SEE, IF THE BACON IS OF HIGH QUALITY, IT'S BETTER TO ENJOY IT ON ITS OWN.
YOU CAN ADD LETTUCE AND TOMATO, BUT IF THE BACON IS TOP-NOTCH, I WANT YOU TO ENJOY IT ON ITS OWN.


?
YAMAOKA, WHAT'S WRONG?
YES, IT'S TOP-NOTCH...
OH!

WHAT FOR?

WE NEED TO GO TO MR. OHASHIRA'S HOUSE.

HURRY!

TELL ME SOMETHING MORE ELABORATE.

ALRIGHT, YAMAOKA, WHAT'S NEXT?

I DON'T MIND.

CHEF, I'M SORRY FOR THE MESS, BUT I HAVE AN URGENT MATTER!

IF THE REPUTATION OF JAPANESE PEOPLE GETS WORSE, IT'S YOUR FAULT -!

DAMN IT -! YOU'RE HEARTLESS -!

IS THAT IT FOR THE BACON DISHES, JUST TWO?

YAMAOKA, DON'T MESS WITH ME!

BACON?

WHAT HAPPENED TO YESTERDAY'S BACON?

PERHAPS THAT BACON MIGHT REVEAL THE SECRET OF MR. OHASHIRA'S DISAPPEARANCE.

IT'S THE BACON THAT MR. OHASHIRA AND MR. KUROKASHI WERE EATING.

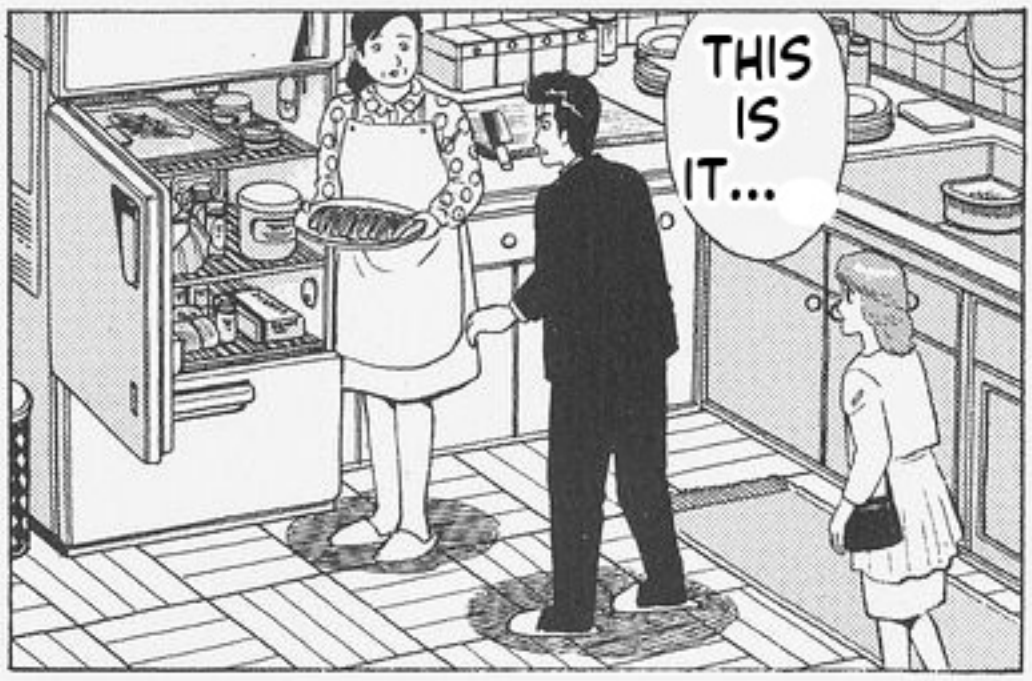
21

GOT IT!

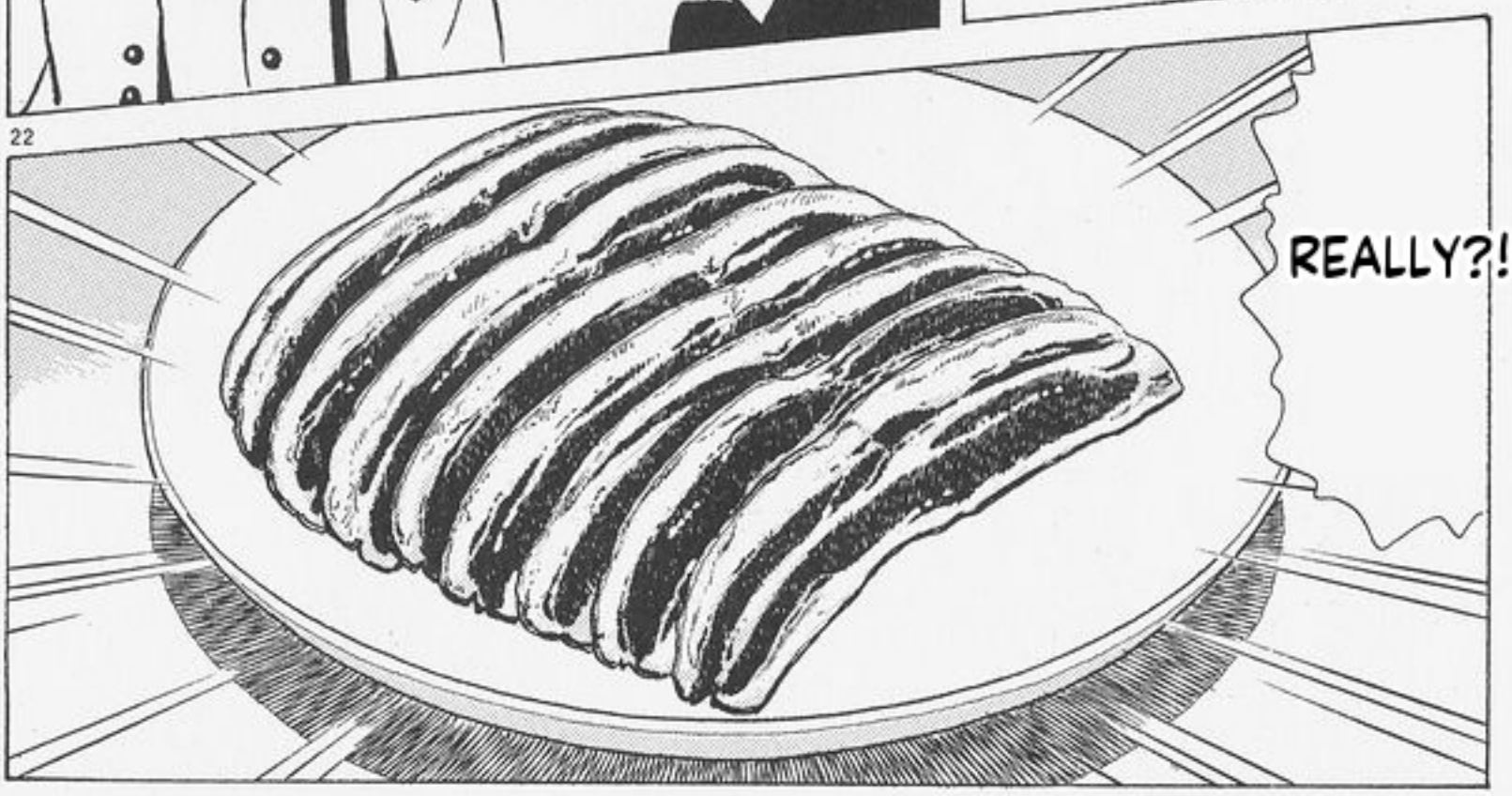
IF IT'S THAT BACON, IT'S STORED IN THE REFRIGERATOR...

W-WELL...!!

.....


THIS IS IT...

NOW, I KNOW WHY THEY DISAPPEARED.


REALLY?!

第1話

残されたベーコン

〈後編〉

THE FIRST FLOOR AND BASEMENT ARE HIGH-END FOOD DIRECT SALES STORES.

THIS IS THE HEADQUARTERS BUILDING OF 'KUROKASHIYA.'

黒柏屋 黒柏屋

FOODSHOP KUROGASIWA -YA

DETECTIVE IDE.

OH, YAMAOKA-SAN AND KURITA-SAN.

WITH BRANCHES ALL OVER THE COUNTRY, IT'S A BIG BUILDING...

2

THE IMBECILE THAT TOOK THE CALL DIDN'T BOTHER TO ASK WHERE HE WAS GOING!

HE MENTIONED HE WAS GOING AWAY FOR A FEW DAYS...

IT SEEMS THAT KUROKASHI-SAN HIMSELF JUST CALLED.

HE CALLED?!

DELICIOUSNESS 28

I'D LIKE TO SEE WHAT KINDS OF BACON YOU HAVE.

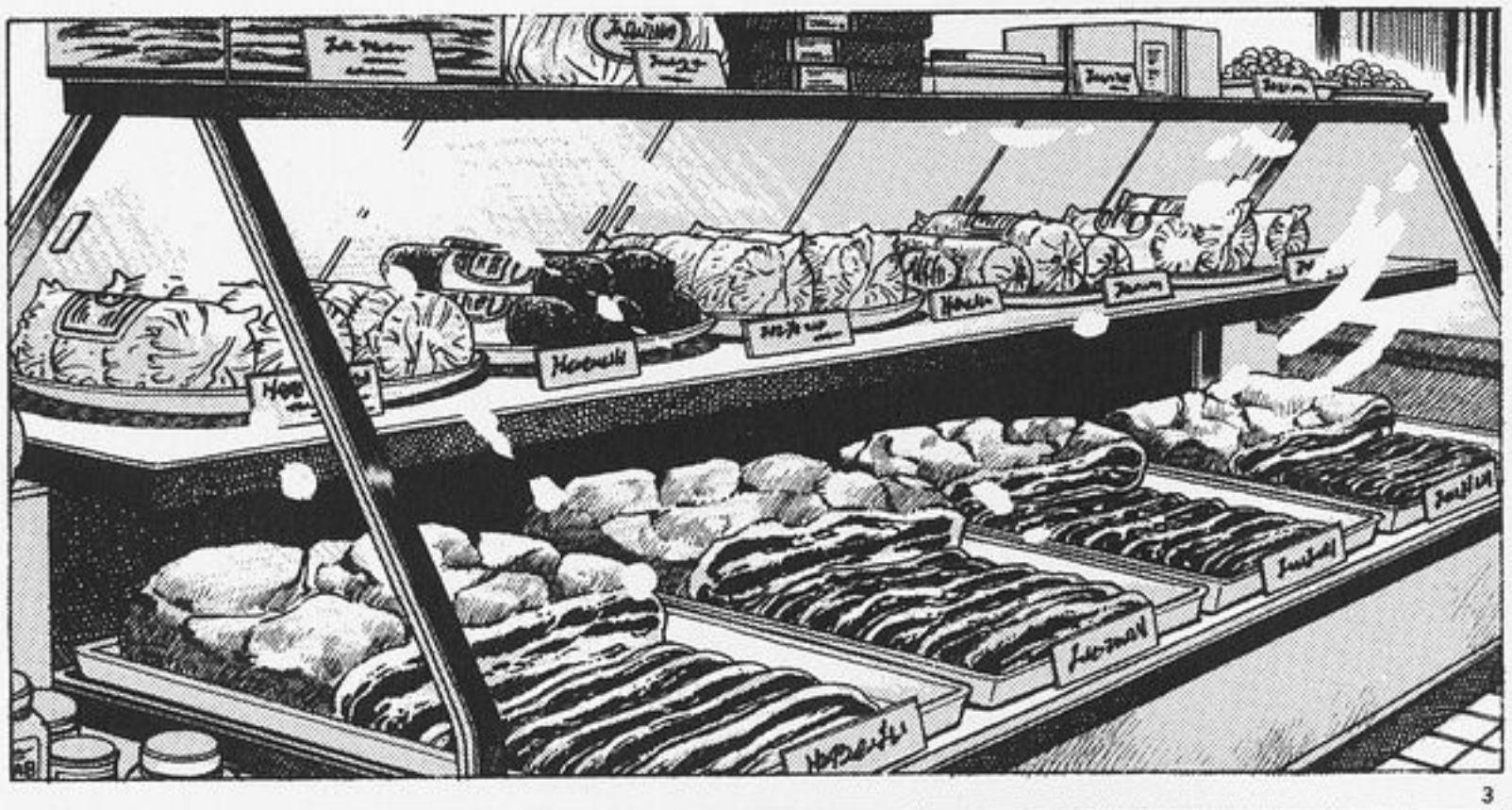
YOU ALSO HANDLE HAM AND SAUSAGE, RIGHT?

BACON...?

I DIDN'T GET THE CHANCE TO ASK...

I'M SORRY.

AT LEAST WE KNOW HE'S SAFE, TOO.



3

I SEE, I SEE...

WE HAVE A MIX OF DOMESTIC AND IMPORTED OPTIONS.

GIVE THIS SCENT A TRY TOO.

THOUGHT ALL BACON SMELLED THE SAME...

WOW, I

OH... EACH ONE HAS A SUBTLY DIFFERENT AROMA.

I THINK THE BACON IS RELATED TO THEIR DISAPPEARANCE.

THIS IS THE BACON THAT OHASHI AND KUROKASHI LEFT IN THE CAFETERIA.

OH, THIS ONE HAS A DIFFERENT SMELL AS WELL.

4

WHAT?!

YES.

I'D LIKE TO TRY SOME, BUT COULD I HAVE A KNIFE?

NOW LET'S TRY THIS ONE.

WOW.

WHEN YOU TASTE IT, THE DIFFERENCES BECOME EVEN CLEARER.

IT SEEMS A BIT STRONG.

BUT THE AROMA IS UNIQUE.

THAT'S RIGHT.

REALLY! THIS ONE HAS A MUCH BETTER MEAT FLAVOR!

THE MEAT FLAVOR IS COMPLETELY DIFFERENT!

SO THAT MEANS...

THE BACON LEFT BEHIND HAS SOMETHING IN IT THAT ISN'T USED IN REGULAR BACON.

I CAME HERE WITH THE BACON LEFT IN THE CAFETERIA TO CONFIRM THAT.

WHAT?!

MR. OHASHIRA ALSO HAS A VILLA, BUT IT'S IN MINAMIIZU.

KARUIZAWA, HUH.

THEN IT SEEMS WE REALLY SHOULD GO TO KARUIZAWA...

HUH?

DO YOU HAVE A VILLA, MR. KUROKASHI?

YES, HE HAS ONE IN KARUIZAWA...

TO KARUIZAWA?!

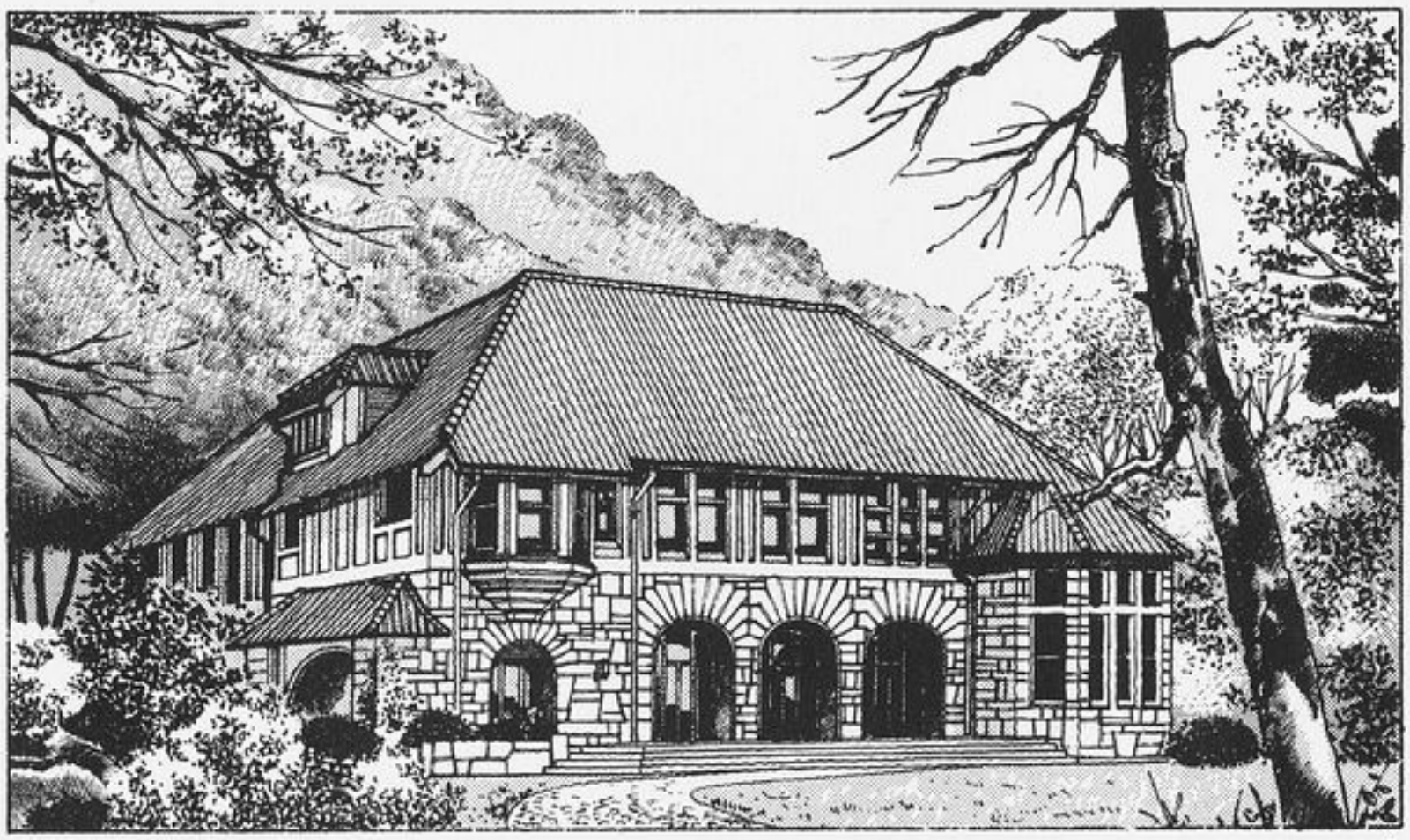
DETECTIVE IDE, LET'S GO TO KARUIZAWA TOGETHER.

6

BUT WILL WE REALLY FIND ANY CLUES IN KARUIZAWA?

W-
WELL...

AND
YET...
MR.
KUROKASHI
HASN'T COME
TO THE VILLA;
THE LOCAL
POLICE
STATION HAS
ALREADY
LOOKED INTO
THAT.



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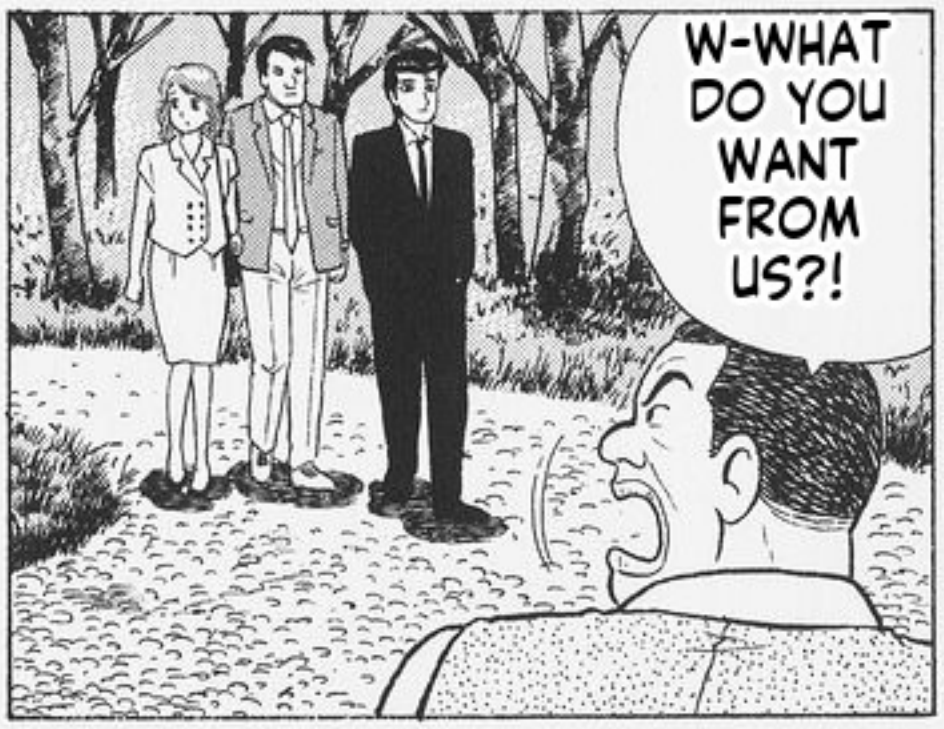

W-WHAT
DO YOU
WANT
FROM
US?!

WHEN HE REALIZES SOMEONE IS LYING, HE CHOKES THEM WITH HIS JUDO AND BREAKS THEIR LEG BONES WITH KARATE...!

WELL... THE PERSON OVER THERE IS DETECTIVE IDE FROM TOKYO, AND THEY CALL HIM THE RUTHLESS DETECTIVE.

YIKES!

I WOULD LIKE TO MEET MR. KUROKASHI...

THE CHAIRMAN IS NOT HERE.

ﾌﾟｲ

...SO, UM, OVER HERE...

COME ON, LEAD THE WAY!

.....

8

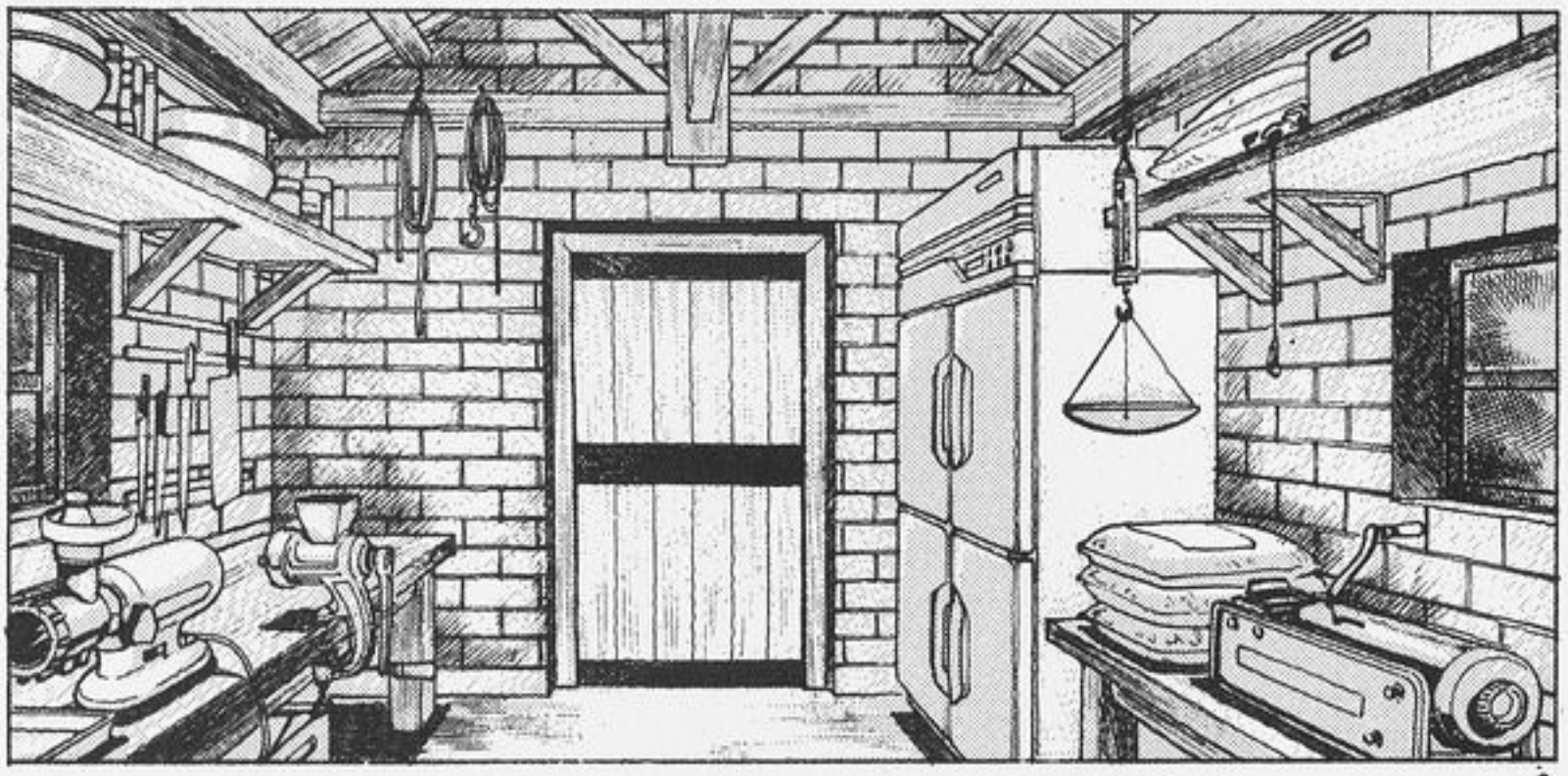
BECAUSE THE POLICE HERE ARE INVESTIGATING...

IS MR. KUROKASHI HERE?!

I SWEAR, THERE'S NOTHING WRONG...

I'M FRIENDS WITH THE CHIEF HERE, SO INVESTIGATING ISN'T REALLY...

DELICIOUSNESS 28



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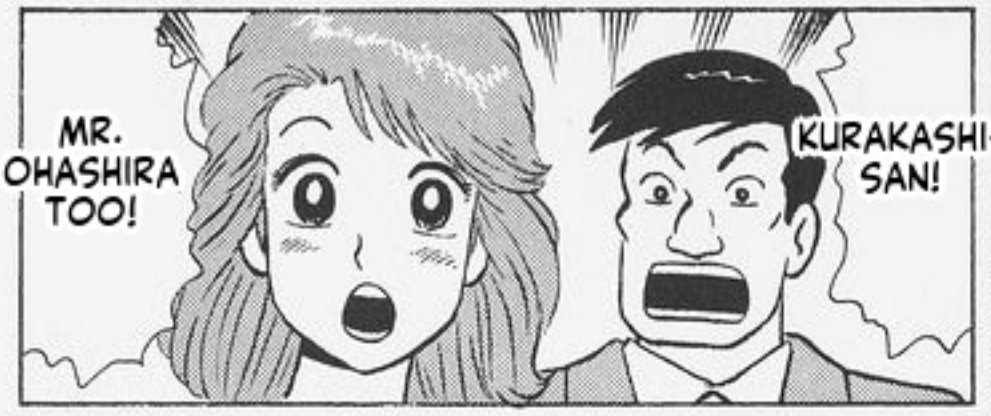
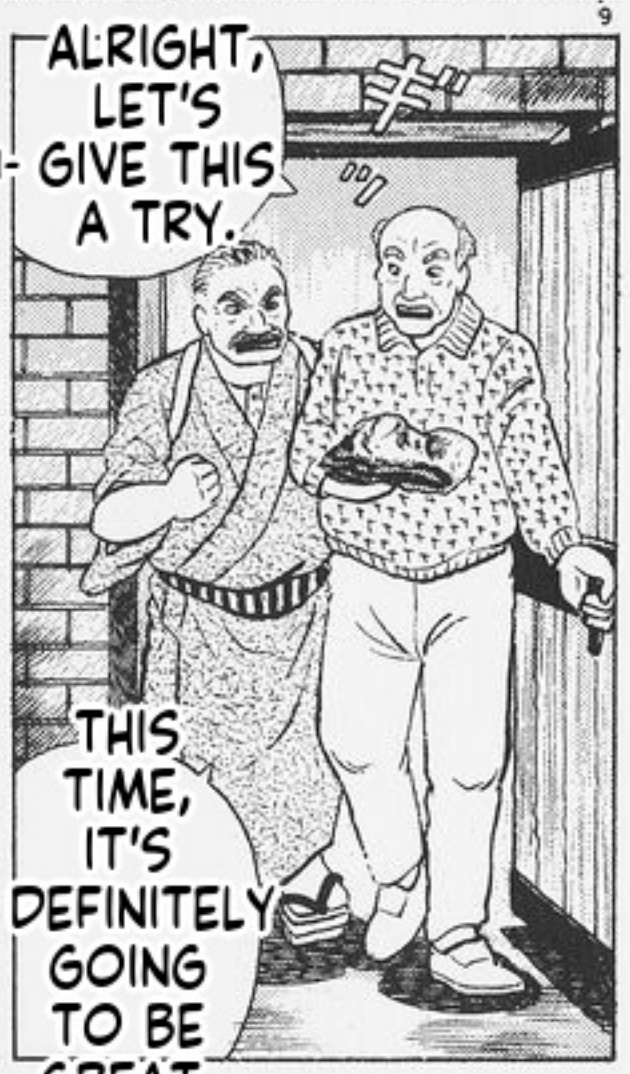




THE IDEA THAT SOMEONE HAS KIDNAPPED US IS NO JOKE.

...I NEVER IMAGINED IT WOULD ESCALATE TO INVOLVING THE POLICE...

IT MUST BE RELATED TO THE BACON-MAKING.

NO, THAT'S...

WE WERE COMPLETELY ABSORBED IN IT...

BUT TO SUDDENLY DISAPPEAR LIKE THAT, IT'S CONCERNING!

10

I THOUGHT PERHAPS WE WERE ARGUING ABOUT THE QUALITY OF THE BACON WHEN I SAW IT...

MS. KURITA'S GRANDMOTHER THOUGHT THE TWO OF YOU WERE ARGUING ABOUT HER...

HOW DID YOU FIND OUT?

THAT'S RIGHT.

ALSO, IT WAS FROM THE CONTENT OF THE ARGUMENT THAT THE MAID OVERHEARD.

THE BACON YOU TWO LEFT BEHIND,

THAT'S RIGHT, THAT'S WHAT I MEANT.

I RECENTLY LEARNED ABOUT A RATHER UNUSUAL BACON DISH, SO I THOUGHT I'D TREAT TAMAYO TO IT,

TAMAYO DOESN'T LIKE BACON.

BUT WHEN THEY SAY 'GIVE UP ON

TAMAYO,' DOESN'T IT MEAN TO GIVE UP ON MAKING BACON THAT WOULD MAKE HER HAPPY?

I SEE.

I'VE HAD A HOBBY OF MAKING SMOKED DISHES FOR A WHILE, SO I DECIDED TO HELP OUT.

I WANTED TO MAKE DELICIOUS BACON THAT TAMAYO WOULD LIKE MYSELF...

11

I CAN GUESS THE BACON-MAKING WOULD TAKE PLACE AT YOUR OWN VILLA OR SOMEWHERE.

SINCE BOTH OF YOU ARE OLDER, I THOUGHT YOU'D GO SOMEWHERE MORE ACCOMMODATING, AND IF THAT'S THE CASE,

SO YOU SET YOUR SIGHTS ON MR. KUROKASHI'S VILLA.

HOWEVER, KARUIZAWA IS COOL AND HAS LOW HUMIDITY EVEN IN SUMMER, SO IT'S SUITABLE.

MR. OHASHI'S VILLA IS IN MINAMI-IZU, BUT IT'S TOO WARM THERE FOR MAKING SMOKED DISHES.

ALRIGHT, LET ME TEACH YOU HOW TO MAKE REAL BACON.

WELL, AS LONG AS YOU'RE WILLING TO PUT IN THE EFFORT, ANYONE CAN DO IT.

WOW, AMAZING!

WELL, I DID FIND THEM!

SO, NOW YOU THINK YOU'RE A DETECTIVE, DO YOU?

CAN EVEN A NOVICE DO THIS?

BUT TO THINK MR. OHASHI WOULD MAKE BACON HIMSELF...

FIRST, WASH THIS THOROUGHLY AND DRY IT.

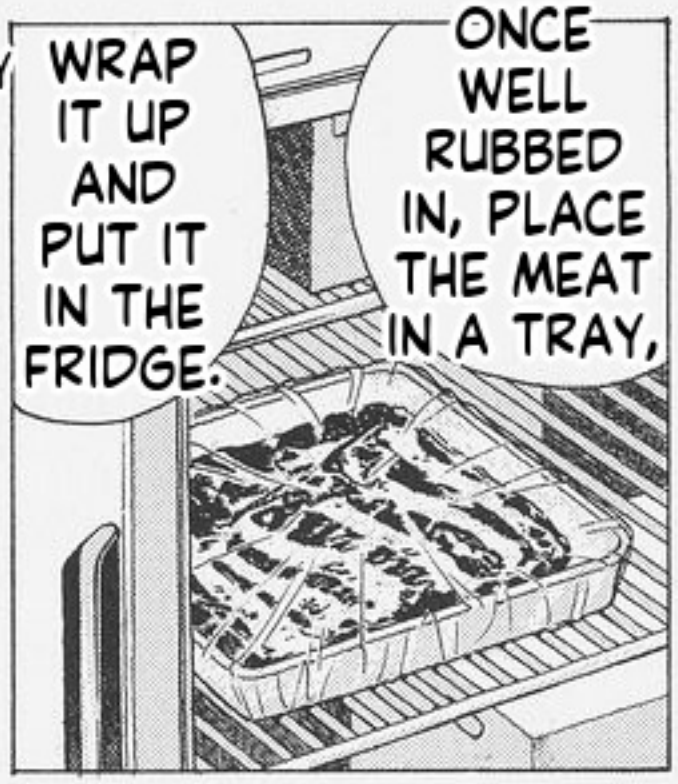
IT'S PORK BELLY.

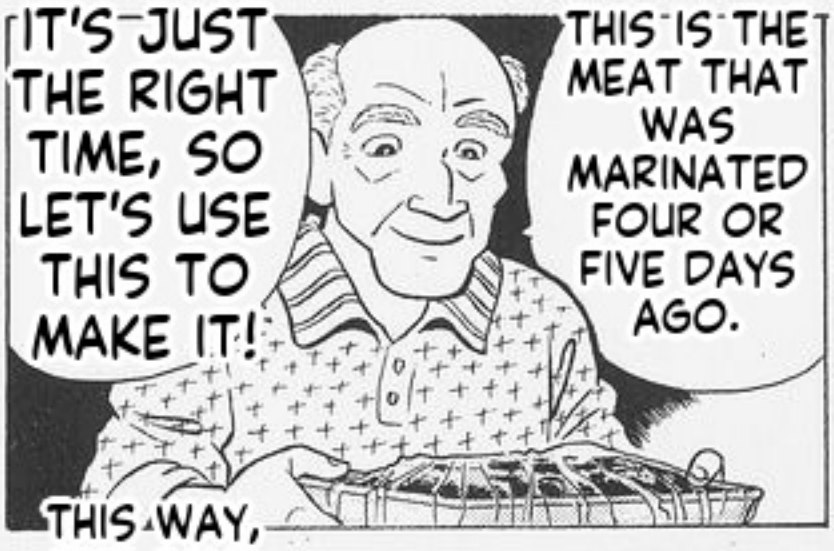
12

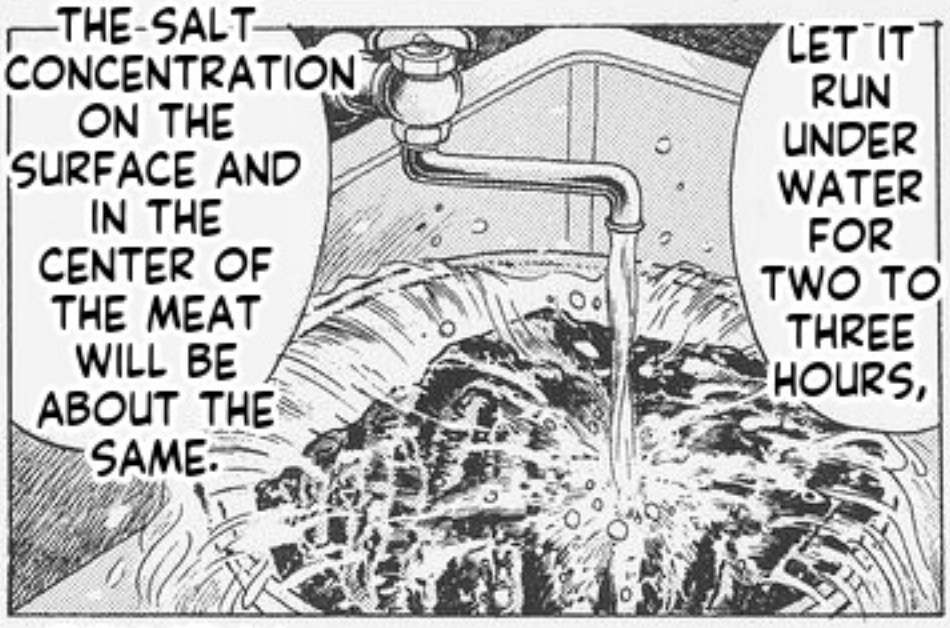
THE SPICES COMMONLY USED ARE PEPPER, CLOVES, NUTMEG, SAGE, AND ALLSPICE.

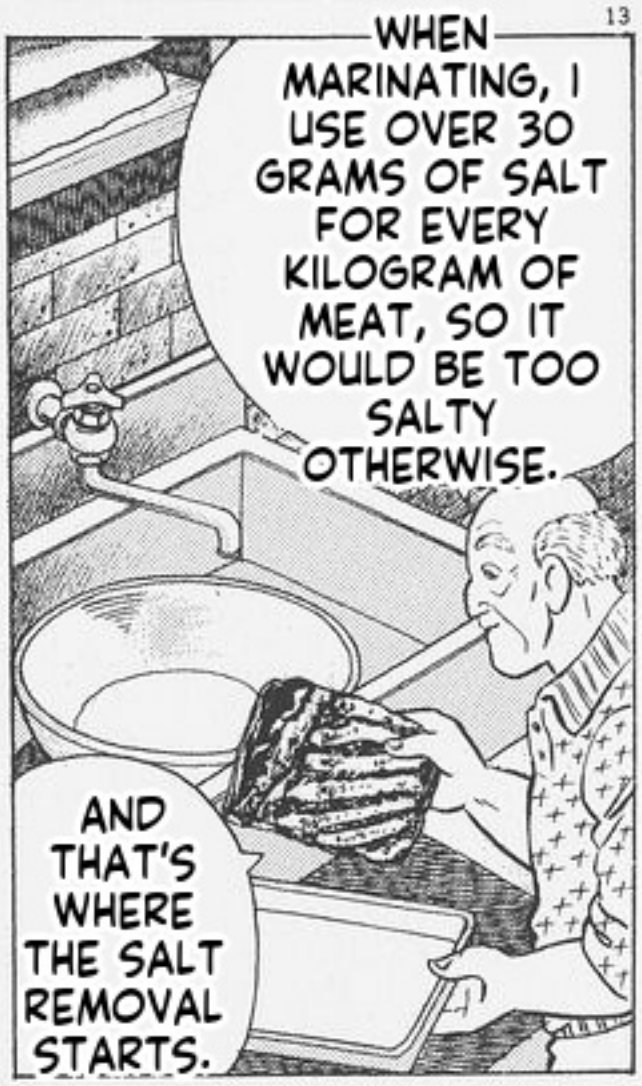
RUB THE SALT AND SPICES EVENLY ALL OVER THE MEAT.

DELICIOUSNESS 28









THREAD THIS ONTO A STICK TO PREPARE FOR SMOKING.

SKEWER AND THREAD A HOOK OR TWINE THROUGH IT.

WHEN THE MEAT IS SUFFICIENTLY DRIED, MAKE TWO HOLES IN THE MEAT WITH A METAL

THIS IS THE SMOKER.

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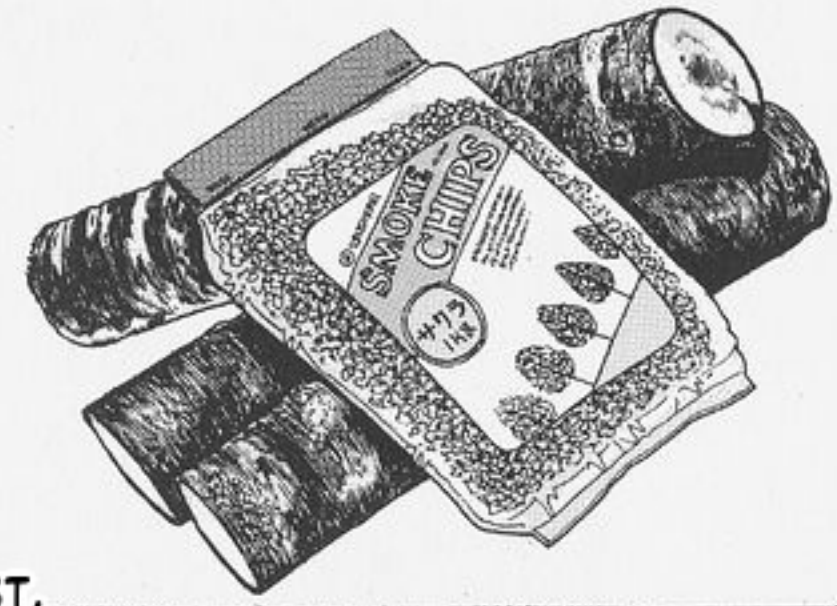
14

ART MATERIALS PROVIDED BY SHINSEI SANGYO CO., LTD.

LOOK, THESE ARE THE CHIPS FOR SMOKING.

IT'S QUITE AUTHENTIC, ISN'T IT?

THIS IS FOR PROFESSIONALS...



SAKURA, OAK, AND APPLE EACH HAVE DIFFERENT SMOKE AROMAS.

AT FIRST, SMOKE IT WITHOUT PRODUCING SMOKE AT A TEMPERATURE OF 50 TO 60 DEGREES,

DRY IT FOR ABOUT TWO HOURS.

NOW, LET'S PUT THE MEAT IN THE SMOKER,

THE CHOICE OF CHIPS CHANGES THE FLAVOR.

KEEPING IT IN A COOL PLACE OR IN THE REFRIGERATOR FOR ONE TO TWO DAYS WILL ENHANCE THE FLAVOR EVEN MORE.

ONCE THE SMOKING IS DONE, LET IT COOL FOR A WHILE AND IT'S READY.

PEOPLE WHO LIKE A STRONGER AROMA CAN SMOKE IT LONGER.

THEN ADD THE CHIPS TO PRODUCE SMOKE AND LET IT SMOKE FOR FOUR TO FIVE HOURS.

THESE DAYS, THERE ARE MANY SMOKED PRODUCTS AVAILABLE THAT ARE MADE JUST BY SOAKING IN LIQUID SMOKE AND DRYING THEM WITHOUT ACTUALLY USING SMOKE, BUT WITH SUCH SHORTCUTS, IT'S HARD TO MAKE SOMETHING DELICIOUS...

IT TAKES A LOT OF TIME AND EFFORT, HUH.

IF YOU DON'T DO IT THIS WAY, YOU CAN'T REALLY MAKE DELICIOUS SMOKED FOOD.

SO, MR. ŌHASHI, WERE YOU ABLE TO MAKE THE BACON YOU WANTED?

I'M NOT VERY CONFIDENT..

THERE ARE SOME SIMPLE WAYS TO MAKE A SMOKER, SO IT MIGHT BE GOOD TO REFER TO THOSE.

RECENTLY, THERE HAVE BEEN SEVERAL BOOKS PUBLISHED FOR PEOPLE WHO WANT TO SMOKE THEIR OWN FOOD.

AN ELECTRIC HEATER WITH CHIPS ON AN ALUMINUM TRAY ♡

A PETROLEUM CAN

I THINK THE SMOKING WAS KEPT SHORT, SO THE FLAVOR SHOULD BE MILD...

THIS TIME, I MIXED THREE TYPES OF CHIPS: OAK, APPLE, AND MIKAN.

DELICIOUSNESS 28

MR. OHASHI, WHY NOT LET GRANDMA TRY IT DIRECTLY?

HUH?

I-THOUGHT IT HAD A FLAVOR THAT STORE-BOUGHT BACON DOESN'T HAVE.

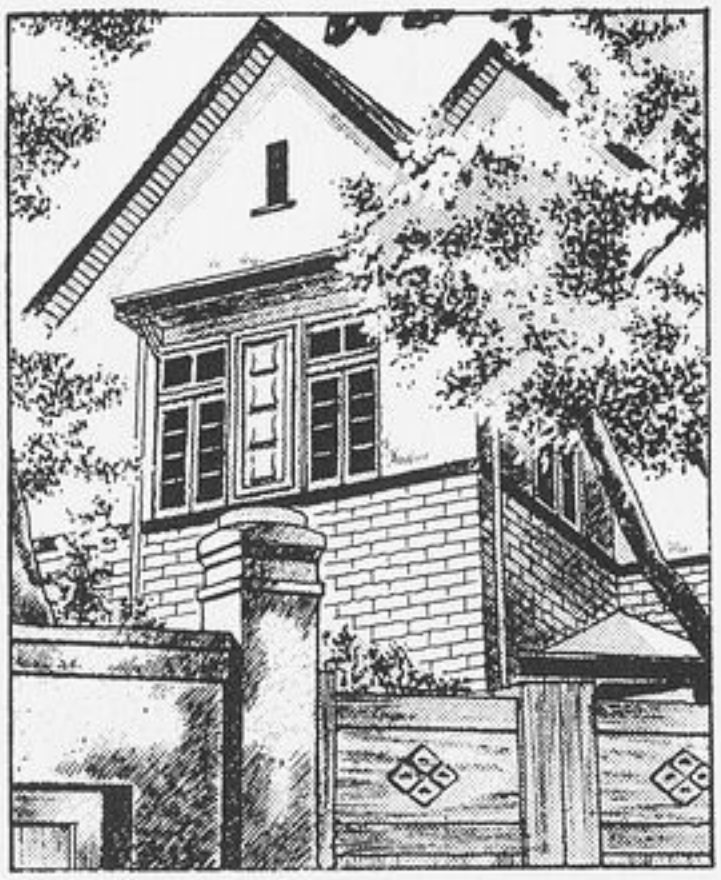
THE BACON YOU LEFT THE OTHER DAY WAS ALSO SMOKED USING MIKAN WOOD, RIGHT?

THAT WAS JUST WITH MIKAN, AND THE SMOKING WAS A BIT LONGER, SO IT WAS STRONG.

THEN, I GUESS YOU'LL JUST HAVE TO BREAK UP WITH HER.

AND ENDS UP HATING BACON EVEN MORE...

BUT... WHAT IF TAMAYO DOESN'T LIKE IT,



YIKES, NO WAY!

I LEARNED THIS FROM TOMOKO, THE WIFE OF THE MANGA WRITER HAJIME KIMURA.

THIS BACON POT IS,

ADD THE THINLY SLICED BACON.

WHEN THE POTATOES ARE COOKED,

BOIL THE POTATOES AND ONIONS...

USING A BROTH MADE FROM BOILING CHICKEN BONES AND BEEF BRISKET,

WHEN THE BACON IS COOKED AND THE FAT HAS BECOME TRANSLUCENT, ADD THE CABBAGE.

UH, MS. TAMAYO.
WHEN THE CHINESE CABBAGE WILTS, TAKE THE CABBAGE AND BACON INTO A SMALL BOWL,
SPRINKLE SOME BLACK PEPPER ON IT AND EAT.
DELICIOUS!
THE FLAVOR OF THE POTATOES, THE FLAVOR OF THE ONIONS, THE FLAVOR OF THE CHINESE CABBAGE...
AND THAT VEGETABLE FLAVOR MINGLES WITH THE RICH TASTE OF THE BACON AND THE UNIQUE SMOKINESS!
WOW!
I NEVER KNEW THERE WAS SUCH A DELICIOUS WAY TO EAT BACON!

BACON MADE FROM POOR-QUALITY PORK AND MADE WITH SHORTCUTS IS JUST DISGUSTING AND INEDIBLE.

BUT THIS WON'T TASTE GOOD UNLESS IT'S REALLY GOOD BACON.

DON'T YOU UNDERSTAND THAT I'M ANGRY!

WHAT DO YOU THINK, TAMAYO-SAN...?

20

WHY DIDN'T YOU LET ME HELP MAKE SUCH DELICIOUS BACON?!

EIICHI-SAN!

SHUT UP!

DON'T BE MEAN!

GRANDMA, THAT'S TERRIBLE!

I-WANTED-IT-TO BE A SECRET DISH JUST FOR ME AND EIICHI...

PLUS, TO SHARE SUCH A TASTY DISH WITH EVERYONE!
EXCUSE ME?

TAMAYO!

THIS DELICIOUS MEAL IS MAKING ME FEEL HEAVY IN MY CHEST.
ゾロゾロ

I'M GOING HOME...
OH-, I FEEL SICK...

ME TOO.

THEY'VE ABSORBED THE FLAVOR AND BECOME WONDERFULLY DELICIOUS.

THOSE POTATOES, YOU SEE,

IT'S THEFT!

ド"ン

UGH! DETECTIVE IDE, HOW CAN YOU TAKE POTATOES FROM CITIZENS AS A POLICE OFFICER!

NO! IT'S THE SEIZURE OF EVIDENCE!

ピク

ピク

22

OH... THE POTATOES, THE POTATOES... AH...

第2話
長寿料理対決!!

〈1〉

A POLYP DEVELOPED IN THE COLON.

HOWEVER, THE POLYP WASN'T BENIGN; IT WAS CANCER, RIGHT?

IT WAS RESOLVED BY REMOVING IT WITH AN ENDOSCOPE, BUT...

FORTUNATELY, THANKS TO ADVANCEMENTS IN MEDICAL TECHNOLOGY, WE DIDN'T HAVE TO PERFORM OPEN SURGERY,

2

MY HUSBAND'S CASE, PERHAPS DUE TO THE ACCUMULATION OF FATIGUE, THE BLEEDING CONTINUED FOR A LONG TIME...

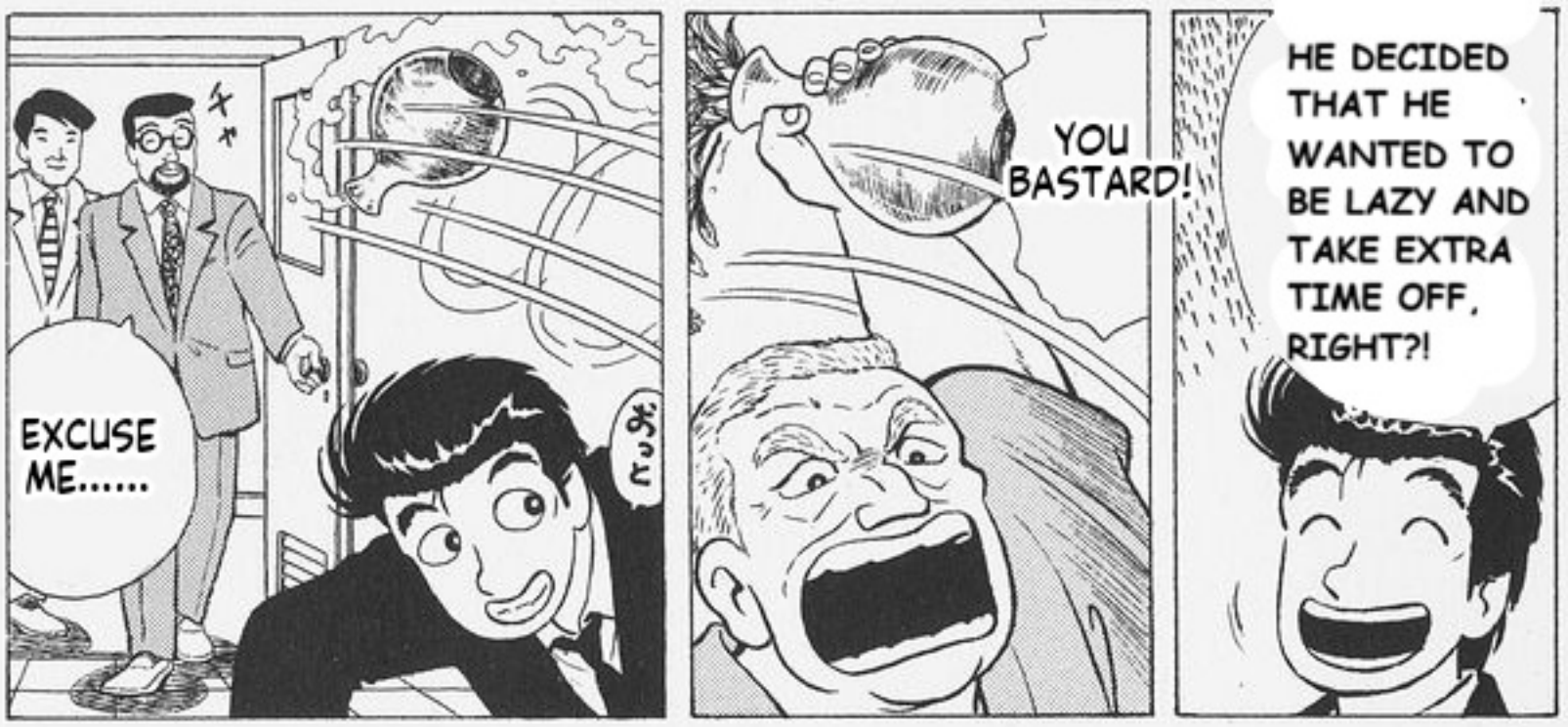
ORDINARY PEOPLE STAY IN THE HOSPITAL FOR JUST A DAY OR TWO, BUT IN

YOU BIG FOOL!

WHAT DO YOU MEAN BY 'WHAT'!

Y-YOU IDIOT! IT WAS 100% BENIGN!

WHAT?


EXCUSE ME.....
YOU BASTARD!
HE DECIDED THAT HE WANTED TO BE LAZY AND TAKE EXTRA TIME OFF, RIGHT?!

I TRULY DON'T KNOW HOW TO APOLOGIZE ENOUGH...
WE'RE REALLY SORRY.....
NO, PLEASE DON'T WORRY ABOUT IT...

3

WHAT DO YOU MEAN BY A PLAN?
OH REALLY?
ACTUALLY, I HAVE A PLAN REGARDING THIS TOPIC.
OHARA-AND DISCUSS THE UPCOMING SHOWDOWN BETWEEN THE 'ULTIMATE MENU' AND THE 'SUPREME MENU'...
TODAY, I CAME TO VISIT PRESIDENT

AH, HOW GRATEFUL I AM... THIS IS WHAT IT MEANS TO FEEL THE KINDNESS OF OTHERS...

WHEN I HEARD THAT MR. OHARA WAS HOSPITALIZED, I PANICKED— THIS IS SERIOUS.

HE'S AN INDISPENSABLE FIGURE IN THE JAPANESE NEWSPAPER INDUSTRY, SO WE NEED HIM TO LIVE LONG.

SO, FOR THIS TIME'S SHOWDOWN BETWEEN 'ULTIMATE' AND 'SUPREME,' I WAS WONDERING IF WE COULD FOCUS ON DISHES THAT PROMOTE LONGEVITY...

WE'VE DEALT WITH MANY KINDS OF DISHES UNTIL NOW, BUT WE HAD OVERLOOKED THE PERSPECTIVE OF FOOD AND LONGEVITY.

THE MOMENT I THOUGHT OF THAT, IT STRUCK ME.

4

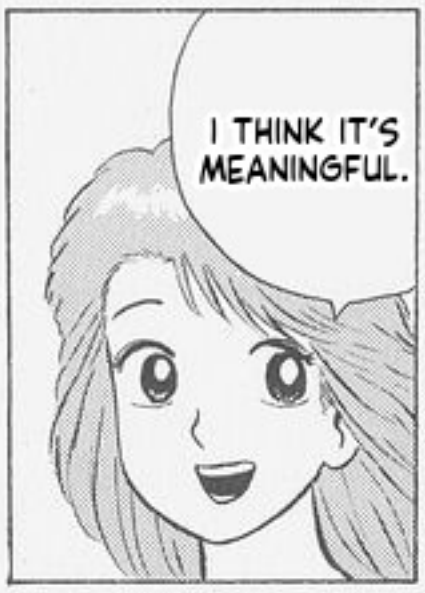
HEALTH, BUT IT'S INTERESTING TO PLACE EMPHASIS ON ACTIVELY EXTENDING HUMAN LIFESPAN.

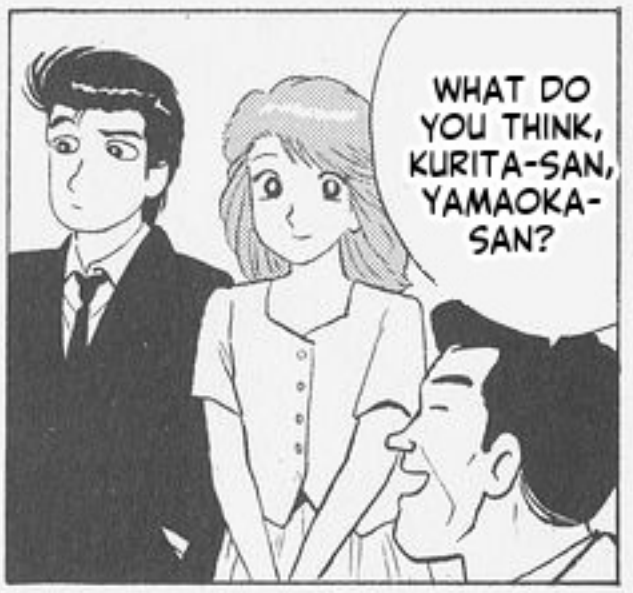
FOOD HAS THE PRIMARY PURPOSE OF PROVIDING THE NUTRIENTS THAT NOURISH HUMAN

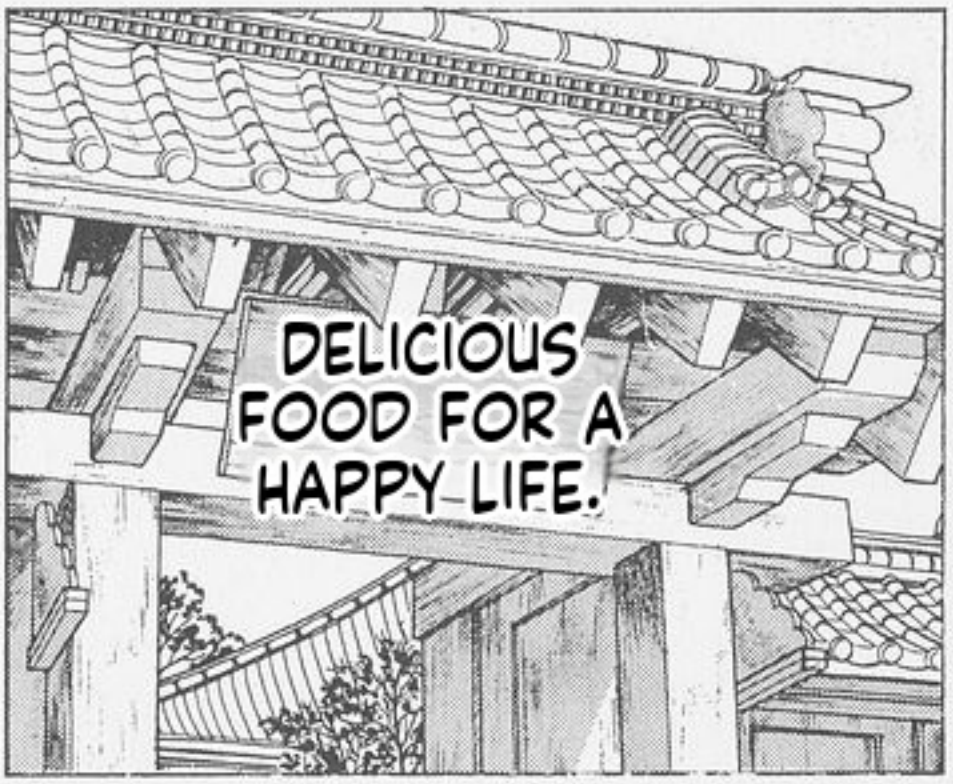
OH! DISHES FOR LONGEVITY!

YES! I'VE HEARD THAT CHINESE CUISINE ALSO HAS THE CONCEPT OF 'FOOD AND MEDICINE ARE ONE AND THE SAME'!

COOKING MASTER BOY 28







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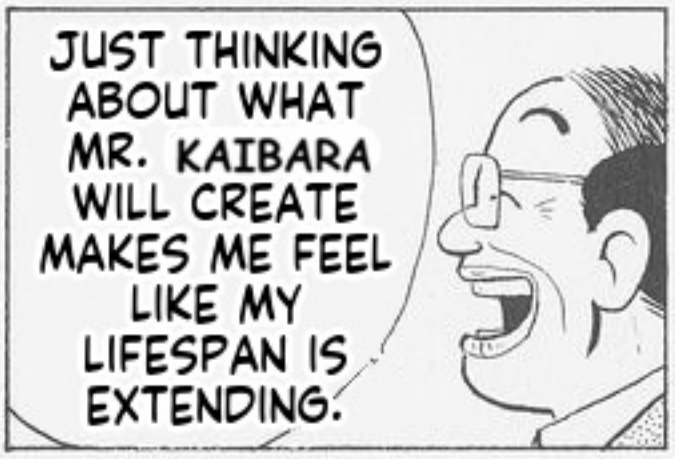

VERY WELL. LET'S WORK ON A DISH FOR LONGEVITY.

THAT SAID, IT'S THE UNVARNISHED TRUTH OF MOST PEOPLE.

HEHEHE... WANTING TO LIVE LONG IS THE FOLLY OF THE ORDINARY.

WOW, THIS IS EXCITING!

THANK YOU VERY MUCH.

IT CAN'T JUST BE DELICIOUS...

THIS COMPETITION IS GOING TO BE TOUGH.

6

IF IT'S A DISH FOR A SHORT LIFE, THAT WOULD BE EASY.

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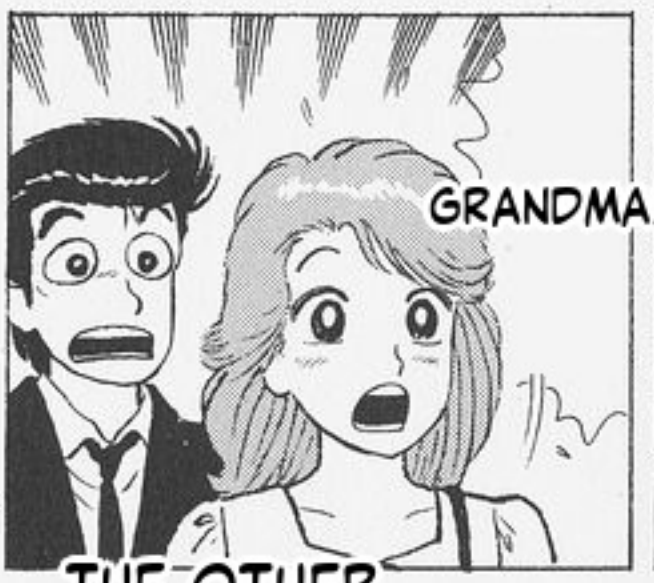
はははは
NO WAY, YOUR GRANDMOTHER IS SOMEONE WHO CAN LIVE LONG JUST BY DRINKING WATER.

IF YOU MENTION COOKING FOR LONGEVITY, MY GRANDMOTHER WOULD BE THRILLED.

HMM, IF WE INVESTIGATE WHAT YOUR GRANDMOTHER HAS BEEN EATING, IT COULD BE INFORMATIVE.


GRANDMA!

NOT JUST WATER, I COULD LIVE TO BE A HUNDRED JUST BY BREATHING AIR!
TOO BAD FOR YOU!

THE OTHER DAY, I CAUSED A LOT OF TROUBLE, SO AS AN APOLOGY...
わっ わっ わっ
BUT IF THEY ARE THE KIND OF PEOPLE WHO TALK BAD ABOUT ME, MAYBE I SHOULD SKIP TREATING THEM.

I JUST GOT BACK A LITTLE WHILE AGO.
WEREN'T YOU SUPPOSED TO BE ON A TRIP TO OKINAWA?
I WAS THINKING OF TREATING YOU ALL, AND I'VE BEEN WAITING.

I WANT TO GO TOO.

THE CORAL REEFS OF ISHIGAKI ISLAND WERE THE MOST BEAUTIFUL, WEREN'T THEY?

WOW, DID YOU VISIT ALL THE ISLANDS OF OKINAWA?

REALLY! IT'S WONDERFUL!

EACH ONE HAS A STAR-LIKE SHAPE, YOU KNOW.

THAT SAND IS MADE FROM CRUSHED CORAL TURNED INTO FINE GRAINS.

THAT'S THE SAND FROM THE BEACHES OF ISHIGAKI ISLAND.

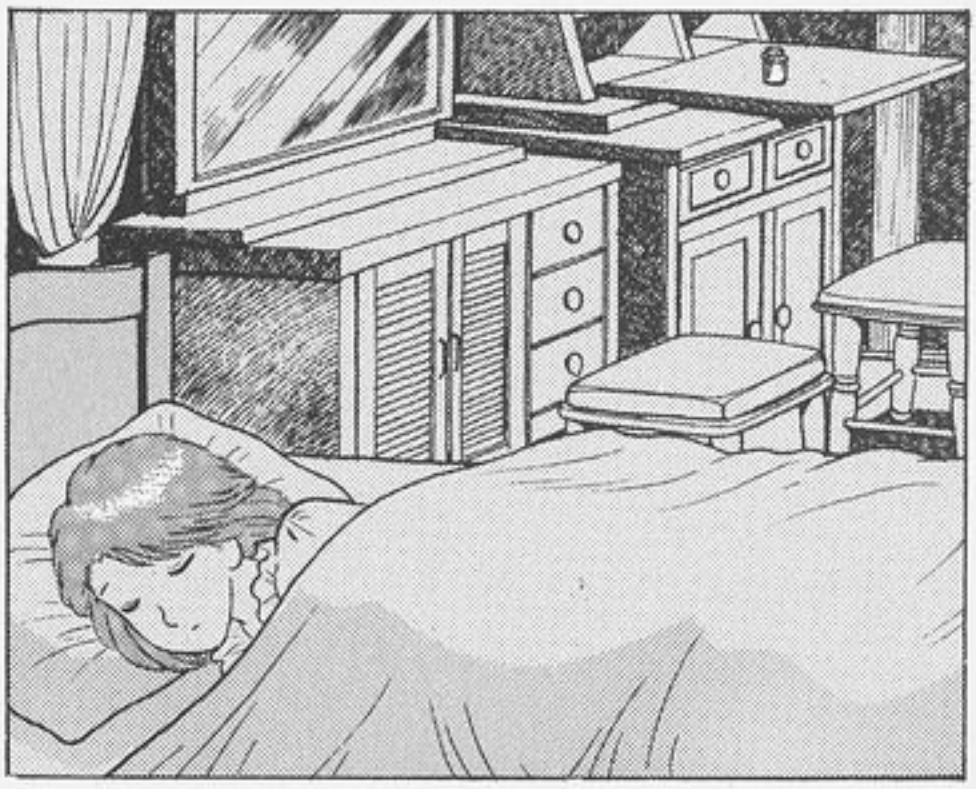
I'LL GIVE YOU THIS.

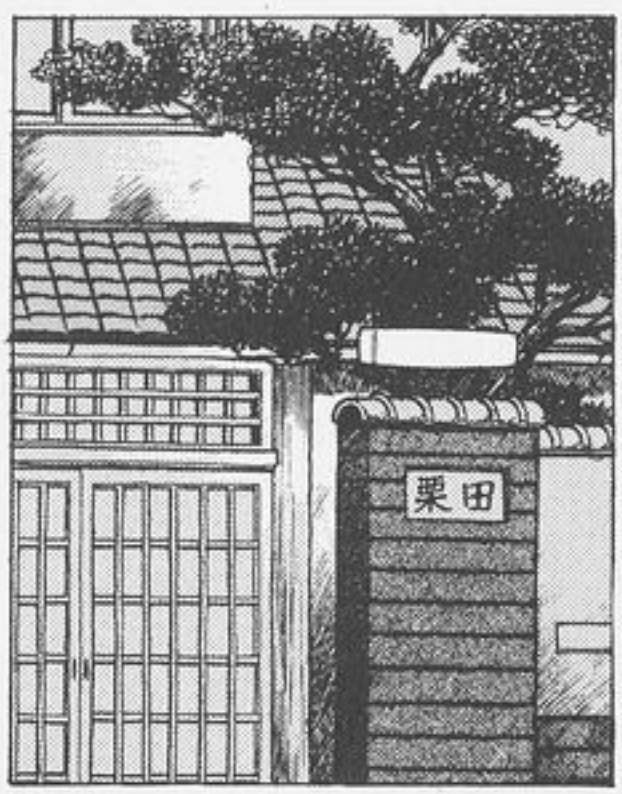
8

AH, PLEASE DON'T SAY ANYTHING TO RUIN THE MOOD!

IF I COULD GET A SOUVENIR, I'D PREFER AGED AWAMORI...

COOKING MASTER BOY 28





PLEASE... SAVE ISHIGAKI ISLAND...

BEAUTIFUL ISHIGAKI ISLAND IS GOING TO BE DESTROYED... THE CORALS WILL DIE...

SAVE THE CORALS...

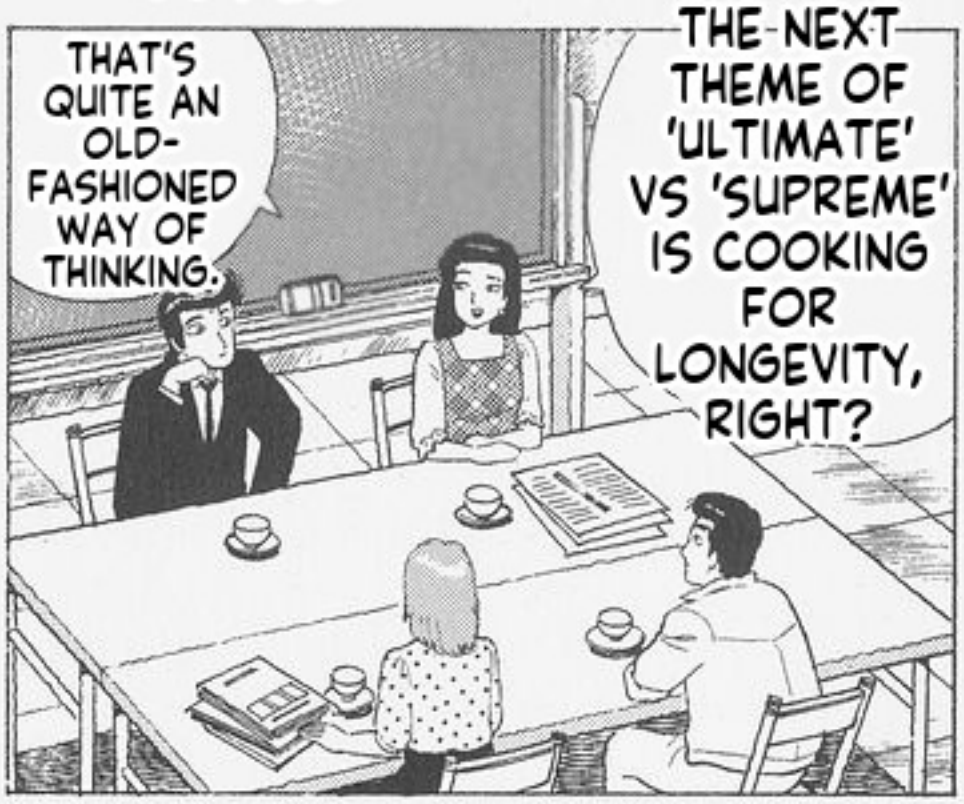
栗田

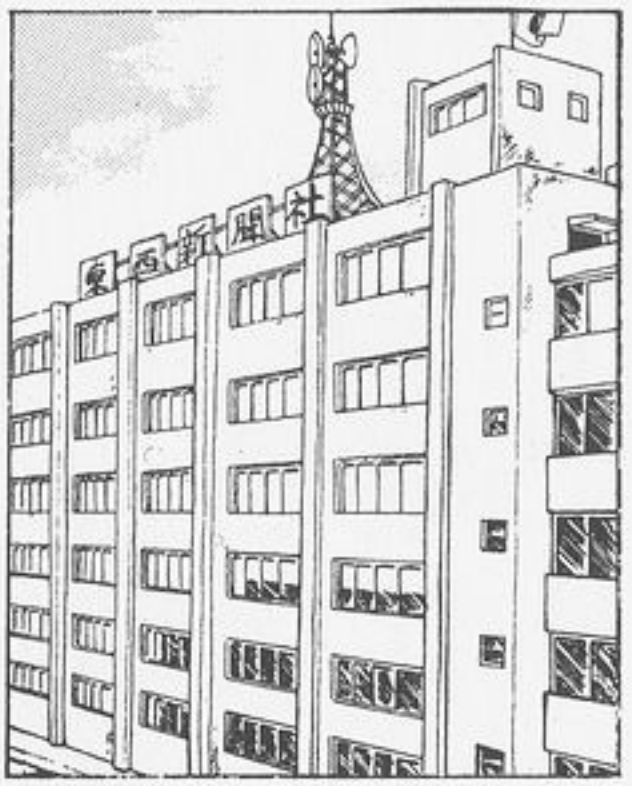
WHAT DO YOU WANT TO SAY?

WAIT... WHO ARE YOU?

10

WHAT A STRANGE DREAM...


THAT'S QUITE AN OLD-FASHIONED WAY OF THINKING.
THE NEXT THEME OF 'ULTIMATE' VS 'SUPREME' IS COOKING FOR LONGEVITY, RIGHT?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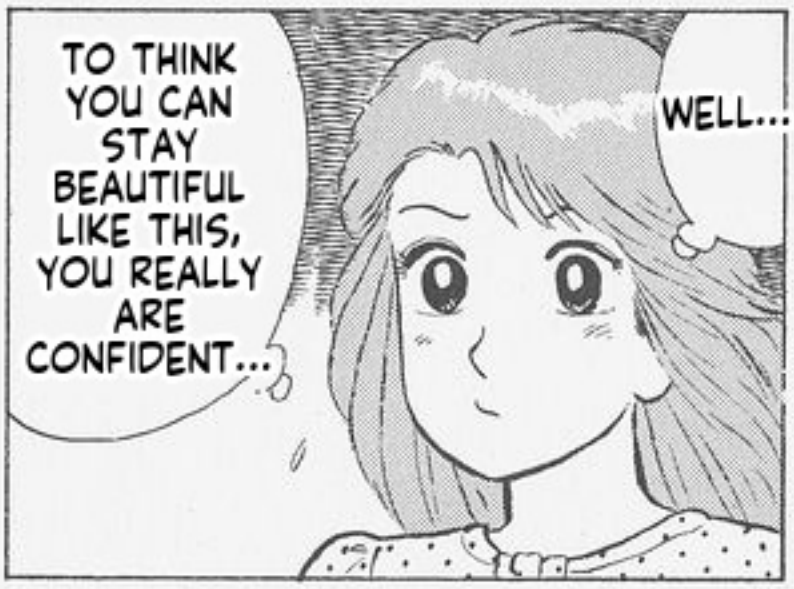
I SEE! SO I CAN STAY YOUNG AND BEAUTIFUL FOREVER!

YOUNG PEOPLE SHOULD TRY IT. THEY'LL BE ABLE TO STAY YOUNG EVEN AS THEY AGE.
THAT'S NOT IT, FUTAKI.


TO THINK YOU CAN STAY BEAUTIFUL LIKE THIS, YOU REALLY ARE CONFIDENT...
WELL...

SO, WHAT ABOUT IT? HAVE YOU COME UP WITH ANYTHING YET?

HEHE? YEAH, JUST LEAVE IT TO ME.
YAMAOKA, THINK OF A DISH THAT CAN KEEP ME BEAUTIFUL FOREVER.

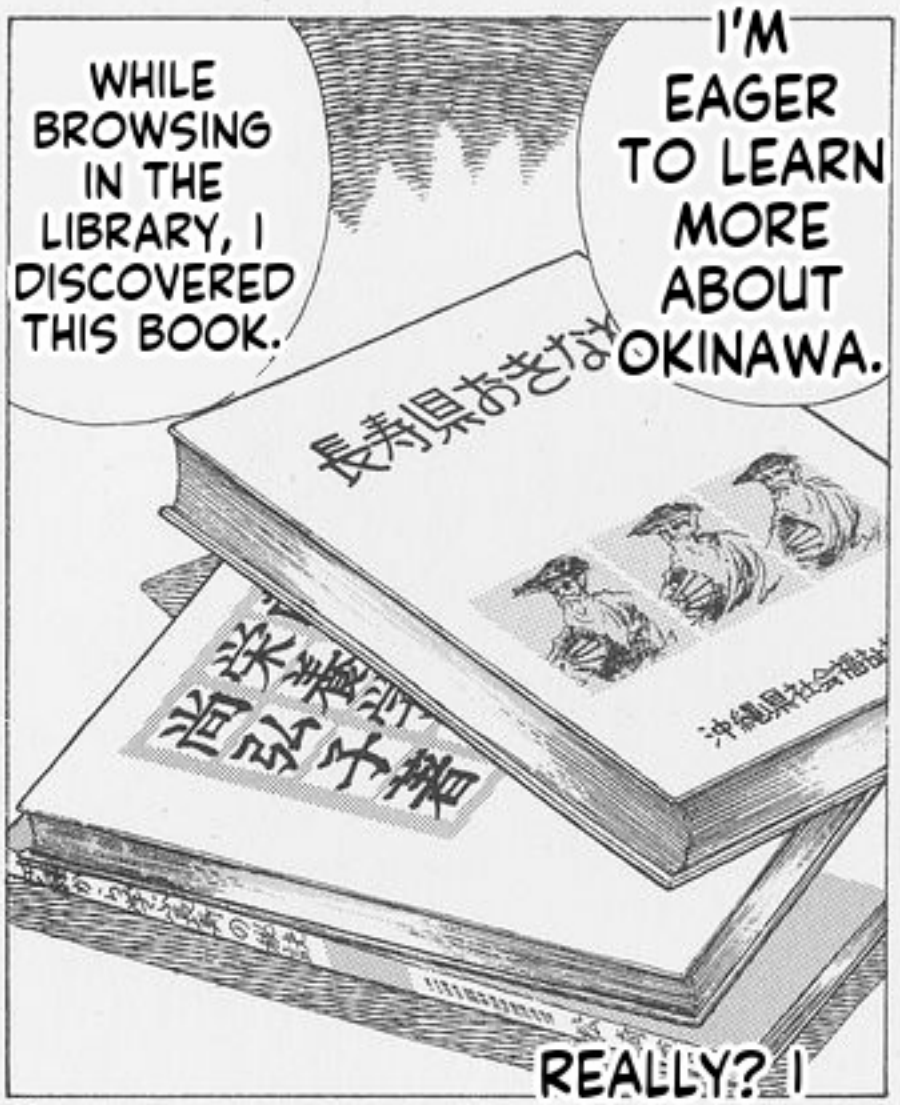
I HAVE A SUGGESTION REGARDING THAT.

I'VE BEEN THINKING A LOT, BUT I CAN'T COME UP WITH A CORE IDEA.

WELL, IT'S NOT THAT SIMPLE.

WHILE BROWSING IN THE LIBRARY, I DISCOVERED THIS BOOK.

I'M EAGER TO LEARN MORE ABOUT OKINAWA.



THIS IS A MEETING FOR THE WORLD FLAVOR TOUR.

PLEASE DON'T BRING UP THE ULTIMATE MENU RIGHT NOW.

I SEE.

I THINK IT WOULD ALSO BE USEFUL FOR YOUR PROJECT...

REALLY? I ONCE READ IN A BOOK THAT THERE ARE SEVERAL OTHER REGIONS IN THE WORLD KNOWN FOR LONGEVITY.

THAT'S TRUE, IN SUCH REGIONS, THERE ARE MANY PEOPLE OVER A HUNDRED YEARS OLD...

IT STATES THAT THE PEOPLE OF OKINAWA LIVE THE LONGEST IN JAPAN, NO, IN THE WORLD.

THE THREE BOOKS POINT OUT A COMMON THEME,

THESE THREE HAVE BEEN SAID TO BE THE WORLD'S THREE MAJOR LONGEVITY REGIONS FOR A LONG TIME,

THE CAUCASUS IN THE SOVIET UNION, BILCAMBÁ IN ECUADOR, HUNZA IN PAKISTAN,

IF THAT'S THE CASE, PROFESSOR TOSHIHISA MATSUZAKI FROM THE UNIVERSITY OF THE RYUKYUS HAS WRITTEN ABOUT IT HERE.

ACTUALLY, NONE OF THEM WERE LONGEVITY REGIONS, ACCORDING TO PROFESSOR MATSUZAKI.

BUT UPON FURTHER INVESTIGATION, IT TURNS OUT THE RECORDS WERE UNRELIABLE, AND SOME PEOPLE WHO HADN'T EVEN REACHED A HUNDRED CLAIMED THEY WERE OVER A HUNDRED.

AND WHEN WE RESEARCHED OKINAWA'S DIET, WE THOUGHT WE COULD FIND INGREDIENTS USEFUL FOR COOKING FOR LONGEVITY.

THAT'S WHEN I THOUGHT.

OKINAWA MAIN ISLAND

KUME ISLAND

MIYAKO ISLAND

ISHIGAKI ISLAND

IRIOMOTE ISLAND

OH... MAYBE IT WAS JUST A LEGEND.

IT SEEMS OKINAWA WILL BE NUMBER ONE IN THE WORLD.

WHEN YOU PROPERLY SEARCH FOR LONGEVITY REGIONS BASED ON SOLID SCIENTIFIC RESEARCH,

EVEN IF WE CAN'T FIND CLUES TO LONGEVITY CUISINE, WE NEED TO PROPERLY STUDY OKINAWAN FOOD AT LEAST ONCE.

ALRIGHT, LET'S DO IT!

OH! YOU MEAN YOU'RE GOING ON A JOURNEY TO SEEK THE FLAVORS OF OKINAWA!

IT'LL BE USEFUL!

THE 'WORLD FLAVOR TOUR' OKINAWA EDITION!

THE CORAL SPIRITS CAME TO ME FOR HELP.

I HAVE ONE MORE THING I ABSOLUTELY WANT TO INVESTIGATE IN OKINAWA.

I'M GLAD YOU AGREED.

WHAT ARE YOU TALKING ABOUT?

CORAL SPIRITS?

REALLY, WHAT'S THAT ABOUT?

HEHEHE... THIS IS GOOD...

NO WAY, KURITA-SAN, HAVE YOU LOST IT?

THAT'S RIDICULOUS, STOP IT!
WHAT? IT'S OKINAWA!
社主室

I'VE NEVER ENCOUNTERED DELICIOUS FOOD!
I'VE BEEN TO OKINAWA A FEW TIMES, BUT THE ONLY THING I WAS IMPRESSED BY WAS THE AGED AWAMORI.

WHY NOT?

SHUT UP, THERE ARE SOME THINGS I JUST DIDN'T EAT.
DON'T YOU KNOW ABOUT TOFU MOCHI! YOU'VE BEEN TO OKINAWA SO MANY TIMES!

WELL, WAS THE TOFU MOCHI BAD THEN?
THAT'S STRANGE...

15

WHAT IS THAT?!
TOFU MOCHI?

AND YET, WHY WOULD YOU SAY OKINAWA IS NONSENSE!

YOU DON'T REALLY KNOW OKINAWAN CUISINE, DO YOU!

SQUID INK, FUUCHIBA, AND JUSHI...?

I DON'T KNOW THAT.

WHAT ABOUT RAFUTE, ASHITENBICHI,

WELL, DID YOU NOT LIKE THE GOYA?

IT'S THE ERABU SEA SNAKE!

THE FIRST TIME I WENT TO OKINAWA, I WAS MADE TO EAT SEA SNAKE!

WHEN I LIFTED THE LID OF THE CLAY POT, THERE WERE CHUNKS OF SNAKE ROLLING AROUND WITH THE VEGETABLES...!

I CAN'T EVEN STAND THE SIGHT OF SNAKES, AND YET...

SEA SNAKE!

IT'S USUALLY SMOKED.

I KNOW, IN OKINAWA, IT'S CALLED IRABU.

THAT'S WHY I'M TELLING YOU NOT TO GO TO OKINAWA!

IT'S YOU I'M TALKING ABOUT; WHEN IT COMES TO OKINAWAN LONGEVITY DISHES, YOU'RE SURE TO BRING THAT SEA SNAKE DISH!

THAT'S RIGHT! THAT'S EXACTLY WHAT I'M SAYING!

BUT THAT SEA SNAKE IS VERY GOOD FOR THE BODY; IT REALLY PROMOTES LONGEVITY...

IT ALL JUST SEEMS SO CRUDE AND ROUGH, DOESN'T IT?

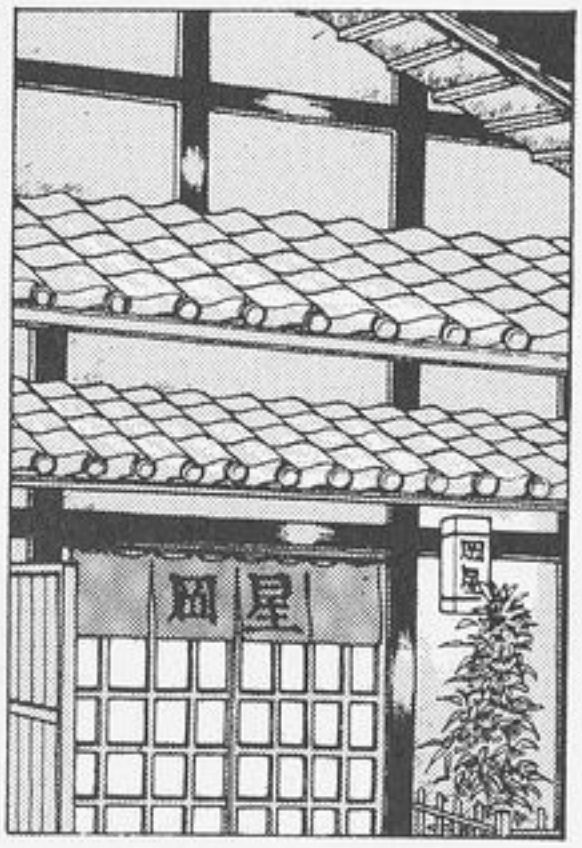
BUT WHEN I LOOK AT OKINAWAN CUISINE, IT'S JUST CHUNKS OF MEAT AND GUTS THROWN IN EVERYWHERE,

THEN, HOW ABOUT WE AGREE TO EXCLUDE THE SEA SNAKE DISH?

17

UNDERSTOOD, PLEASE GIVE ME SOME TIME TOMORROW NIGHT.

THERE WAS NOTHING REFINED ENOUGH TO BE INCLUDED IN THE 'ULTIMATE MENU'!



THIS IS A 40-YEAR-OLD AGED AWAMORI.

STRONG YET GRACEFUL! ELEGANT AND SULTRY!

RICH AND SMOOTH!

OH! THIS IS AN AMAZING DRINK!

18

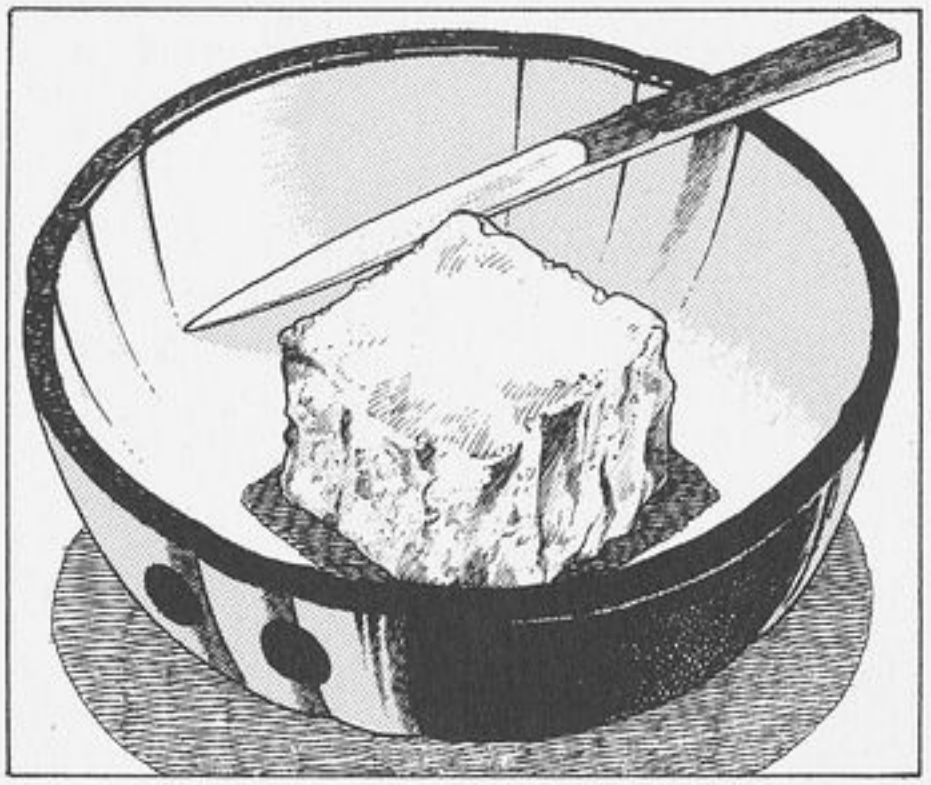
HOWEVER, THIS ALONE WON'T CHANGE MY MIND.

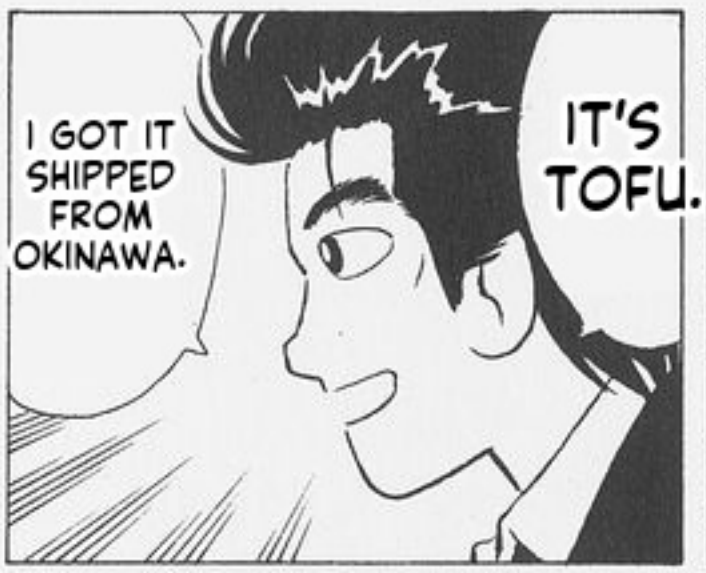
I ALSO ACKNOWLEDGE THE MERITS OF AGED SPIRITS.

I WONDER HOW MANY CAN MATCH THE AGED AWAMORI...

THERE ARE MANY DISTILLED SPIRITS AROUND THE WORLD, BUT...

COOKING MASTER BOY 28





HMM, IT FEELS LIKE EDAM CHEESE MIXED WITH ALCOHOL.

HOWEVER, THE AROMA IS MUCH MORE APPEALING TO JAPANESE PEOPLE THAN CHEESE.

THIS TASTE IS INCREDIBLE!

OH! AN UNEXPECTED FLAVOR!

IT IS WASHED WITH AWAMORI, SOAKED IN A DIPPING SAUCE MADE WITH RICE MALT AND RED MALT, AND THEN AGED.

CUT THE TOFU INTO CUBES AND TURN IT EVERY TWO TO THREE HOURS, DRYING IT IN THE SHADE UNTIL IT BECOMES STICKY.

AS THE NAME 'TOFU GA' SUGGESTS, IT IS SOMETHING PROCESSED FROM TOFU.

WHILE THERE ARE DIFFERENCES BETWEEN ANIMAL AND PLANT-BASED, IT'S NATURAL THAT THERE ARE SOME FLAVORS SIMILAR TO CHEESE AND TOFU.

CHEESE IS MADE FROM FERMENTED MILK PROTEIN, WHILE TOFU IS MADE FROM FERMENTED SOY PROTEIN.

IT'S SAID THAT AFTER ABOUT SIX MONTHS, IT BECOMES THE MOST DELICIOUS.

THE AROMA ISN'T OVERPOWERING EITHER...

DESPITE THE FLAVOR BEING SHARP AND RICH, THE AFTERTASTE IS MUCH FRESHER THAN CHEESE; COULD IT BE BECAUSE THE INGREDIENT IS SOYBEANS?

THIS PALE REDDISH-ORANGE IS THANKS TO THE RED KOJI.

IS THERE NOT A SINGLE REFINED DISH IN OKINAWAN CUISINE?

WHAT DO YOU THINK? ISN'T TOFU MOCHI'S TASTE QUITE REFINED?

SHUT UP! YOU'RE AS ANNOYING AS A LEECH IN THE SEA!

JUST HURRY UP AND GO TO OKINAWA!

DON'T LET YAMAOKA DRINK SUCH GOOD SAKE; JUST POUR IT FOR ME.

21

PRESIDENT OHARA!

CHEERS!

WELL THEN, YAMAOKA, KURITA, GO TO OKINAWA AND FIND CLUES ABOUT LONG-LIFE CUISINE.

BEFORE THAT, TELL ME WHERE I CAN ORDER THIS TOFU RICE CAKE.

CHEERS!!!

22

第2話

長寿料理対決!!

SO WE DECIDED TO GO TO OKINAWA TO UNCOVER THAT SECRET...

I BELIEVE THE SECRET TO OKINAWA'S LONGEVITY LIES IN THEIR DIET,

KINJO-SAN, WHY DON'T YOU BRING YOUR ASSISTANT DURING THE 'WORLD TASTE TOUR' INTERVIEWS?

YAMAOKA-SAN IS TAKING A LONG TIME.

CARRYING ALL THE CAMERA EQUIPMENT BY YOURSELF MUST BE TOUGH, RIGHT?

2

WELL...

UGH!

ISN'T IT REALLY BECAUSE THEY GET IN THE WAY OF YOU GETTING CLOSE TO KURITA-SAN?

OH, IS THAT SO?

I THOUGHT BRINGING AN ASSISTANT MIGHT DISRUPT THE TEAMWORK OF OUR FOUR-PERSON TEAM.

DELICIOUSNESS 28

THANK YOU FOR YOUR HARD WORK THIS EARLY IN THE MORNING.

GOOD MORNING.

YO!

ふあああ

AT LEAST THIS EARLY I'LL BE ABLE TO GET SOME SLEEP ON THE PLANE.

UGH...

UM, YES, THANK YOU...

HERE ARE YOUR TWO PLANE TICKETS. PLEASE CHECK IN TOGETHER.

ANA

WELL THEN, LET'S GO.

3

I'M ALREADY WORRIED ABOUT THIS TRIP...

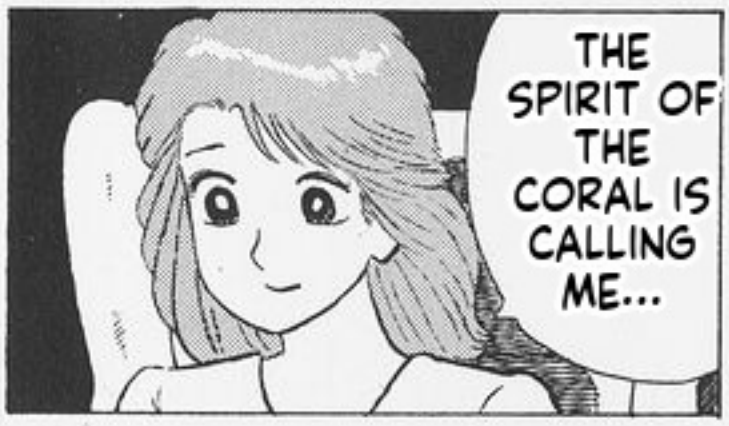
OH DEAR... IF IT'S LIKE THIS FROM THE START,

チラ

TWO, PLEASE, NON-SMOKING SEATS BY THE WINDOW.

I'VE BEEN TO OKINAWA SEVERAL TIMES FOR FILMING TRIPS, BUT THE CORAL REEFS IN ISHIGAKI ISLAND ARE TRULY AMAZING.
ANA

1


THE SPIRIT OF THE CORAL IS CALLING ME...

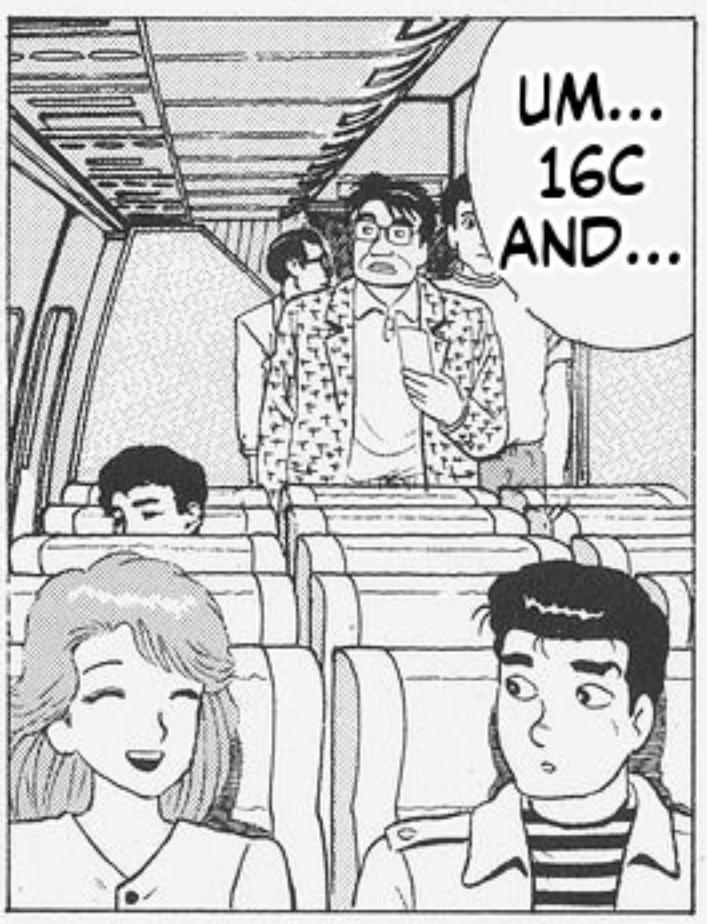
SO DO I.
WANT TO GO AGAIN IF I CAN.

YOU SAID SOMETHING LIKE THAT THE OTHER DAY. WHAT DO YOU MEAN?

I'M IN FRONT OF THAT.
OH, MAKICHI-SAN, THAT'S YOUR SEAT OVER THERE.

4

YOU HAVE GOOD EYES.
AH, JUST LIKE A BIRD OF PREY HUNTING OVER THE SEA.


UM... 16C AND...

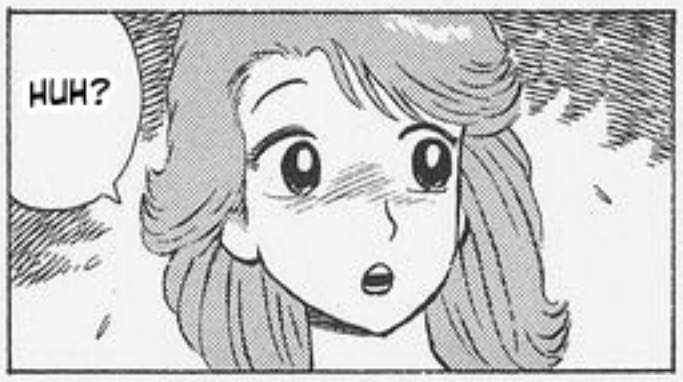
OH, HELLO.
EXCUSE ME.

YOU'RE NOISY.
YOU JUST NEED NEW GLASSES.

...I WOULD BE HAPPY IF IT WERE TRUE.

THAT'S NOT IT!
GAH!

SO, HEADED TO OKINAWA FOR THE HONEYMOON?


HUH?

WELL, THEY MIGHT JUST END UP DOING THAT SOMEDAY!

WITH THE TWO PEOPLE IN FRONT.
WE'RE GOING TO OKINAWA FOR A FOOD ARTICLE FOR THE NEWSPAPER.
INTERESTING.

.....
MAYBE US, TOO!
ええ？

IN THAT CASE, I'LL INTRODUCE YOU TO A GOOD PLACE!

EXCELLENT!

MM-HM... I SEE, A MEAL FOR LONGEVITY...

ESSENTIALLY, IT MEANS FOOD THAT SERVES AS MEDICINE.

SHINJI IS THE OKINAWAN WORD FOR HEALTH-RECOVERY FOOD;

AMAZING! IS THERE A RESTAURANT THAT SPECIALIZES IN HEALTH-RECOVERY CUISINE?

IT'S A RESTAURANT SPECIALIZING IN SHINJI CUISINE.

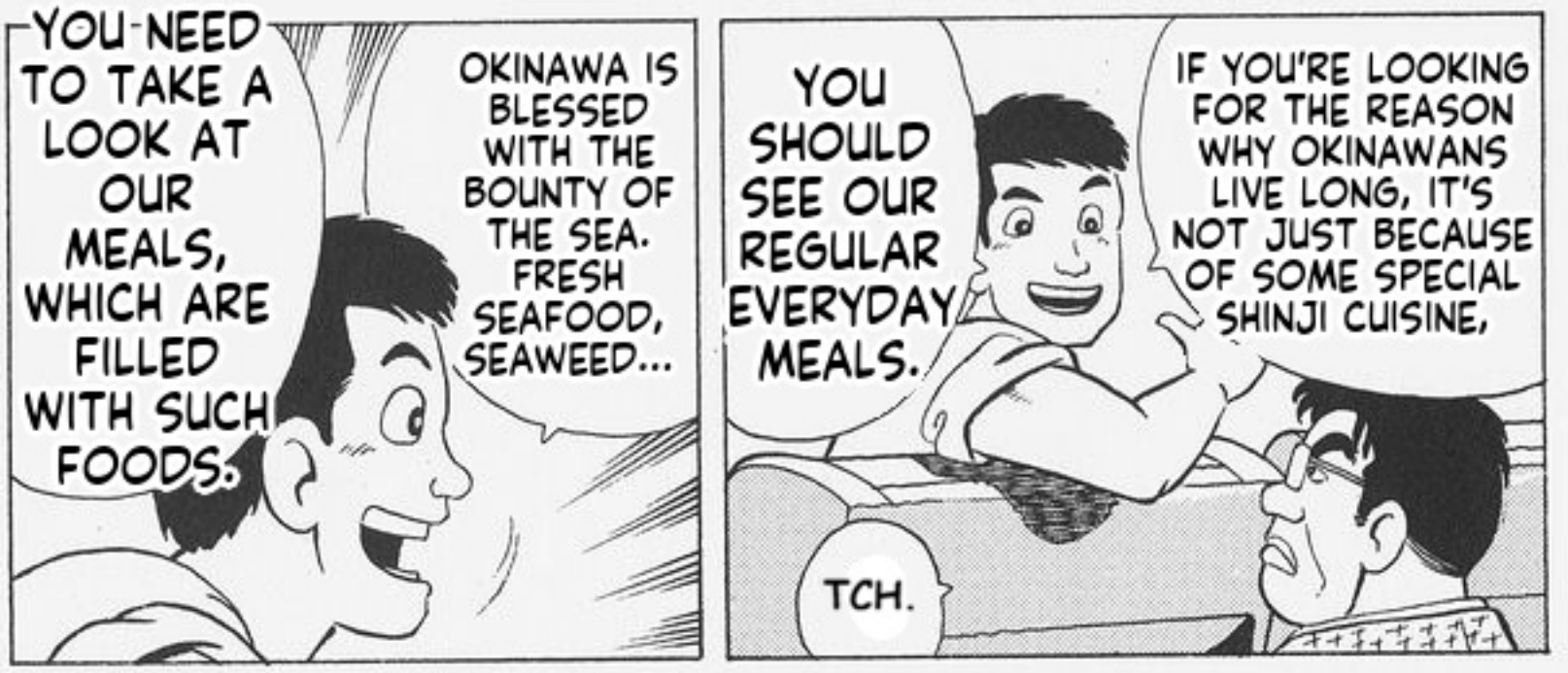
SHINJI CUISINE? WHAT'S THAT?

6

WHAT IS?

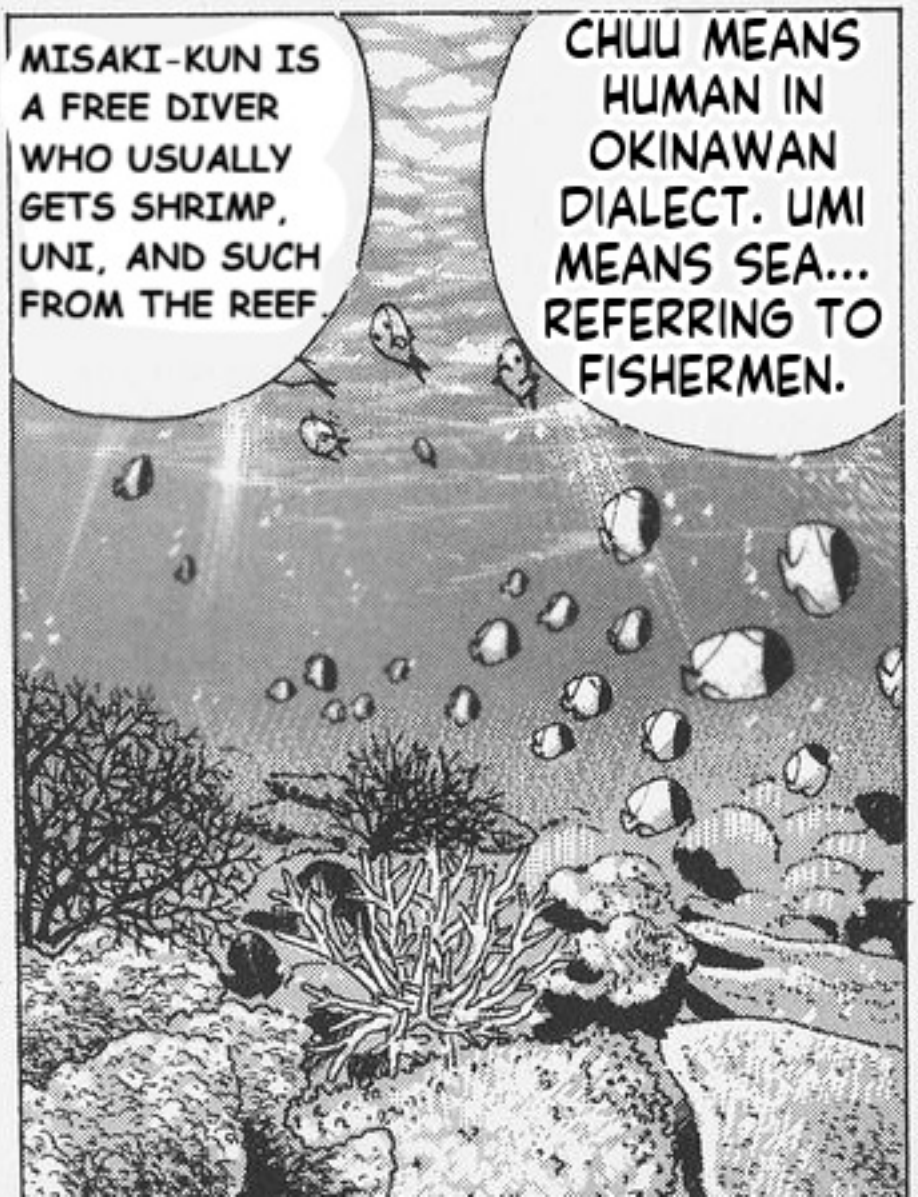
IT'S A BIT ODD, ISN'T IT, MAKICHI-SAN?

IT'S EXACTLY WHAT THEY MEAN BY 'FOOD AND MEDICINE FROM THE SAME SOURCE.'


YOU NEED TO TAKE A LOOK AT OUR MEALS, WHICH ARE FILLED WITH SUCH FOODS.
OKINAWA IS BLESSED WITH THE BOUNTY OF THE SEA. FRESH SEAFOOD, SEAWEED...
YOU SHOULD SEE OUR REGULAR EVERYDAY MEALS.
IF YOU'RE LOOKING FOR THE REASON WHY OKINAWANS LIVE LONG, IT'S NOT JUST BECAUSE OF SOME SPECIAL SHINJI CUISINE,
TCH.
EXCUSE ME, WHAT DOES UMINCHUU MEAN?
MISAKI-KUN, JUST BECAUSE YOU'RE A UMINCHUU, DOESN'T THAT SEEM A BIT ONE-SIDED?
SOUNDS GOOD.
FRESH SEAFOOD!

WOW, THAT'S BRAVE.

COLLECTING SEAFOOD BY FREE DIVING IS USUALLY DONE BY WOMEN CALLED AMA ON THE MAINLAND.


MISAKI-KUN IS A FREE DIVER WHO USUALLY GETS SHRIMP, UNI, AND SUCH FROM THE REEF.
CHUU MEANS HUMAN IN OKINAWAN DIALECT. UMI MEANS SEA... REFERRING TO FISHERMEN.

UGH, I'M JUST JOKING!

SO, YOU JUST DO WOMEN'S WORK THERE?

THE MEN IN OKINAWA ARE GENTLE, SO THEY DON'T TAKE WOMEN OUT TO SEA.

THE UNIQUENESS OF THAT STORE LIES IN MAKING DISHES WITH INGREDIENTS THAT ARE NORMALLY AVAILABLE IN OKINAWA.

EVEN IF IT'S CALLED SHINJI COOKING, IT DOESN'T INVOLVE ADDING CHEMICALS OR USING SPECIAL INGREDIENTS.

CUSTOMERS, IF YOU DON'T KEEP QUIET, THE PLANE WILL CRASH.

HA!

MAKING DISHES WITH NORMALLY AVAILABLE INGREDIENTS IS WONDERFUL.

8

SHIRAHAMA IN ISHIGAKI ISLAND HAS THE MOST BEAUTIFUL CORAL REEFS IN THE WORLD.

OH, YOU'RE FROM ISHIGAKI ISLAND?!

COME TO ISHIGAKI ISLAND WHERE I LIVE, AND I'LL CATCH YOU SOME DELICIOUS FISH.

NO, YOU REALLY HAVE TO TASTE THE SEAFOOD...

DELICIOUSNESS 28

BUT BEFORE THAT, I WANT TO TRY SHINJI CUISINE...

THAT'S TRULY WONDERFUL.

THAT'S GREAT! LET'S FEAST ON THE SEAFOOD OF SHIRAHO!

THANK YOU VERY MUCH.

I'M PLANNING TO GO SEE THAT CORAL REEF.

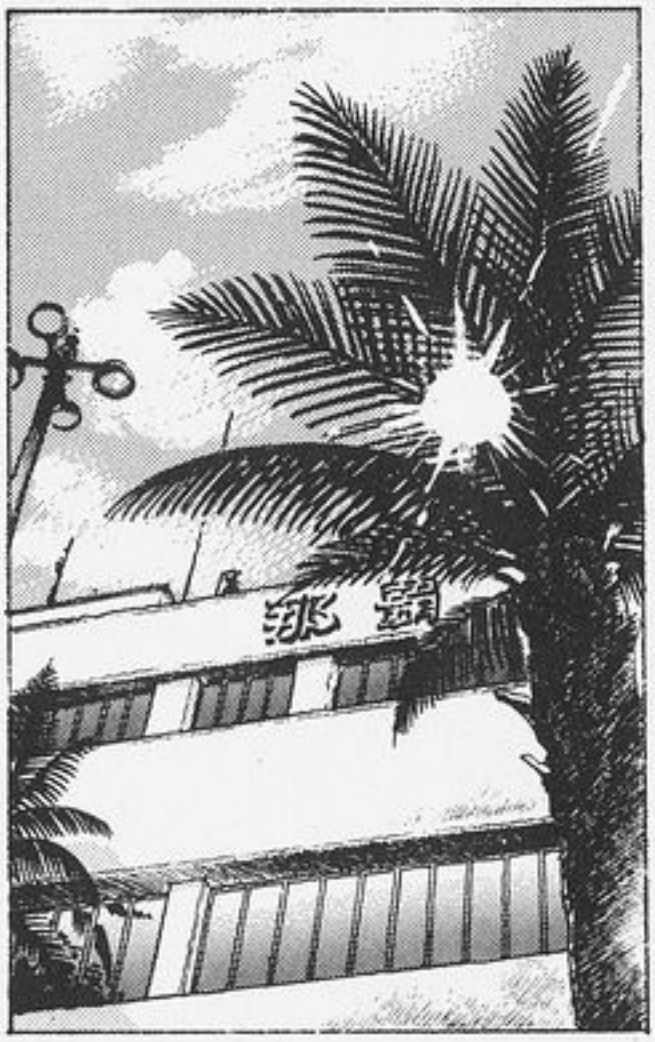
Y-YES...

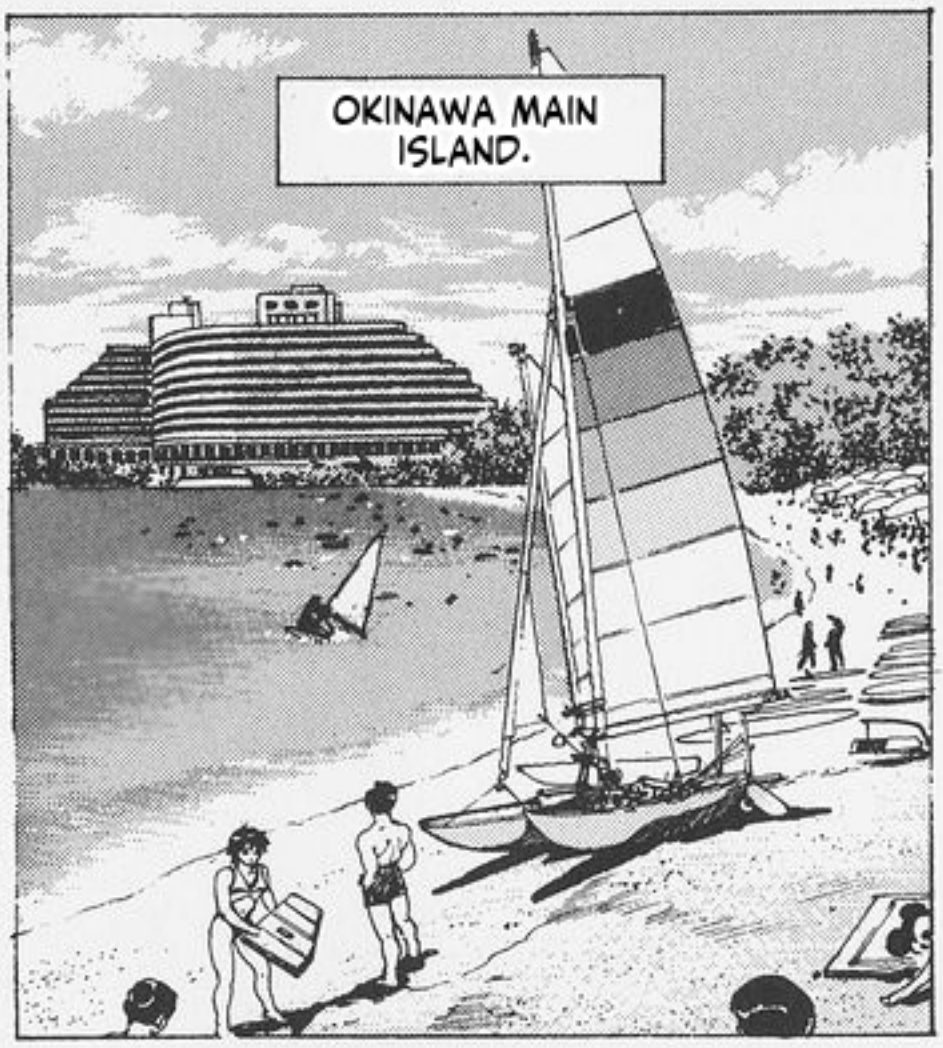
THERE'S NOTHING TO WORRY ABOUT. I'LL TELL THAT PERSON ABOUT THE SHINJI CUISINE RESTAURANT.

ACTUALLY, THERE'S SOMEONE WAITING AT NAHA AIRPORT TO GUIDE ME.

I'M IN TROUBLE.

9





OH, HASEGAWA-SAN.

HEY THERE.

OH, SO THE PERSON GUIDING US IS HASEGAWA-SAN.

HE'LL BE GUIDING US THIS TIME.

IT'S HASEGAWA-SAN FROM THE CED ADVERTISING AGENCY'S OKINAWA BRANCH.

NICE TO MEET YOU.

OH, MAKIICHI-SAN.

OH, DO YOU KNOW EACH OTHER?

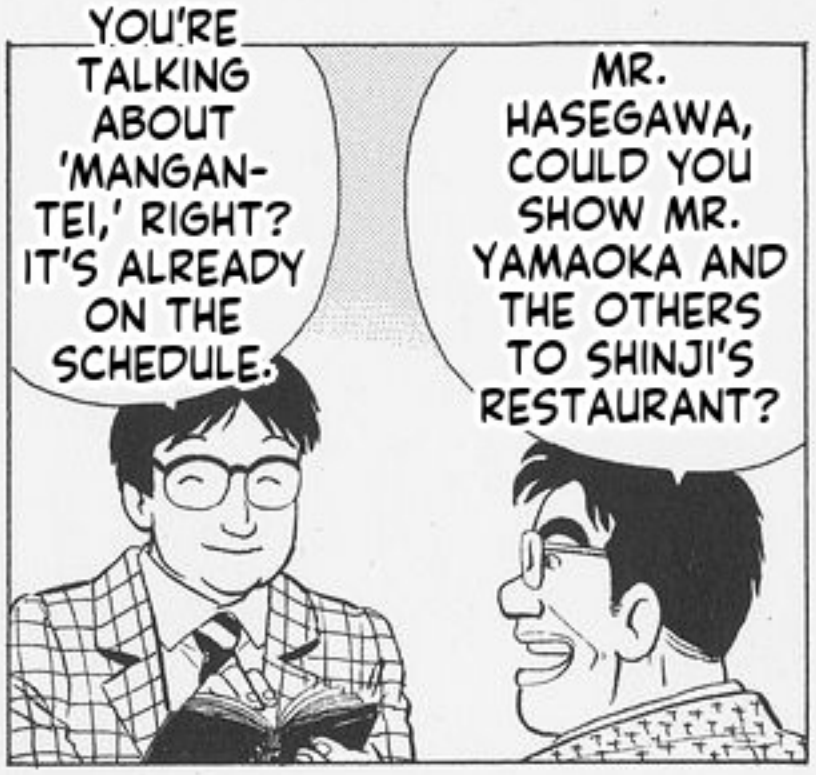
THANK YOU FOR YOUR ASSISTANCE.

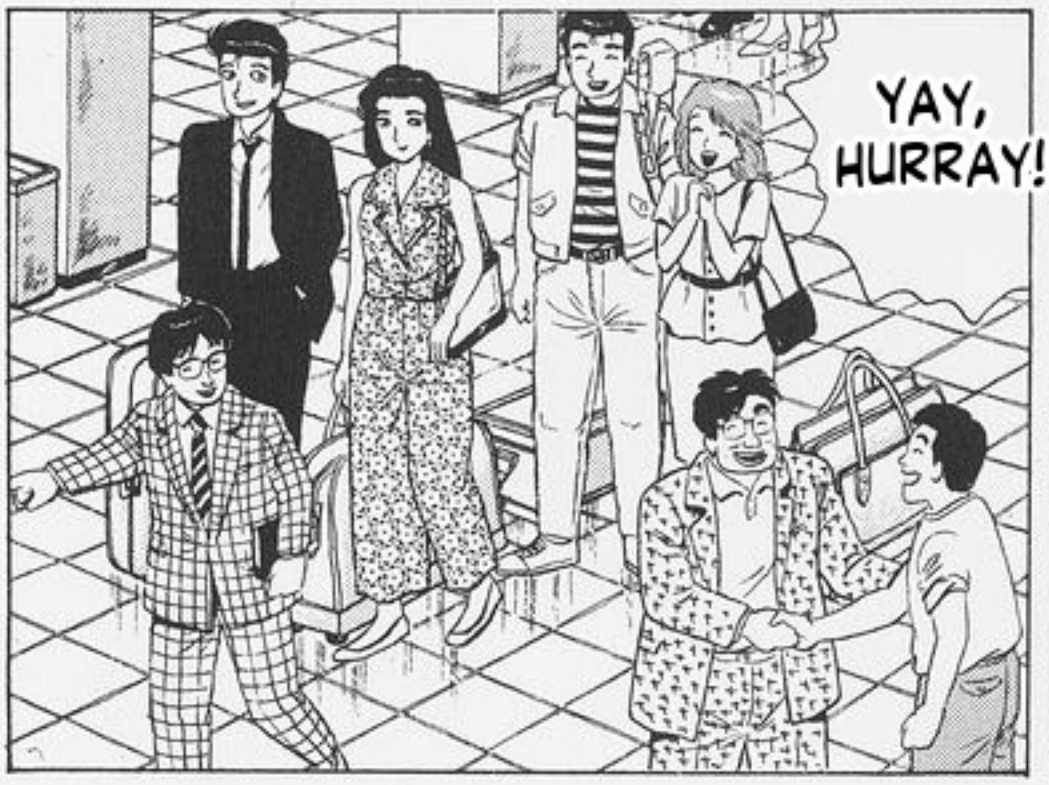
10 HE HAS STEPPED IN BEFORE TO HELP RESOLVE ISSUES.

HASEGAWA-SAN HELPED ME WHEN A PUBLISHER USED MY WORK WITHOUT PERMISSION.

WELL, THAT'S BECAUSE MAKIICHI-SAN IS A FAMOUS ARCHITECT.

DELICIOUSNESS 28





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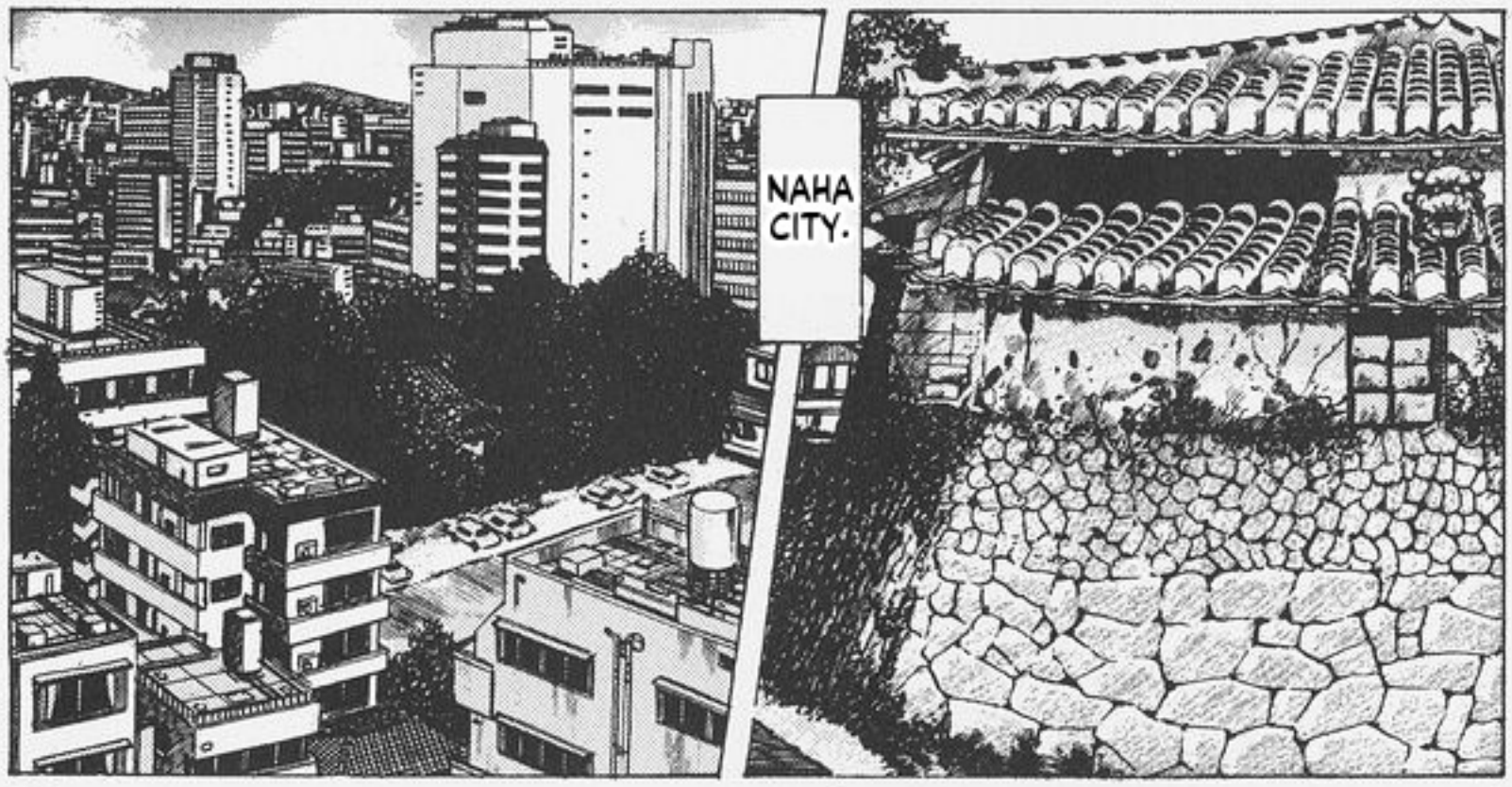

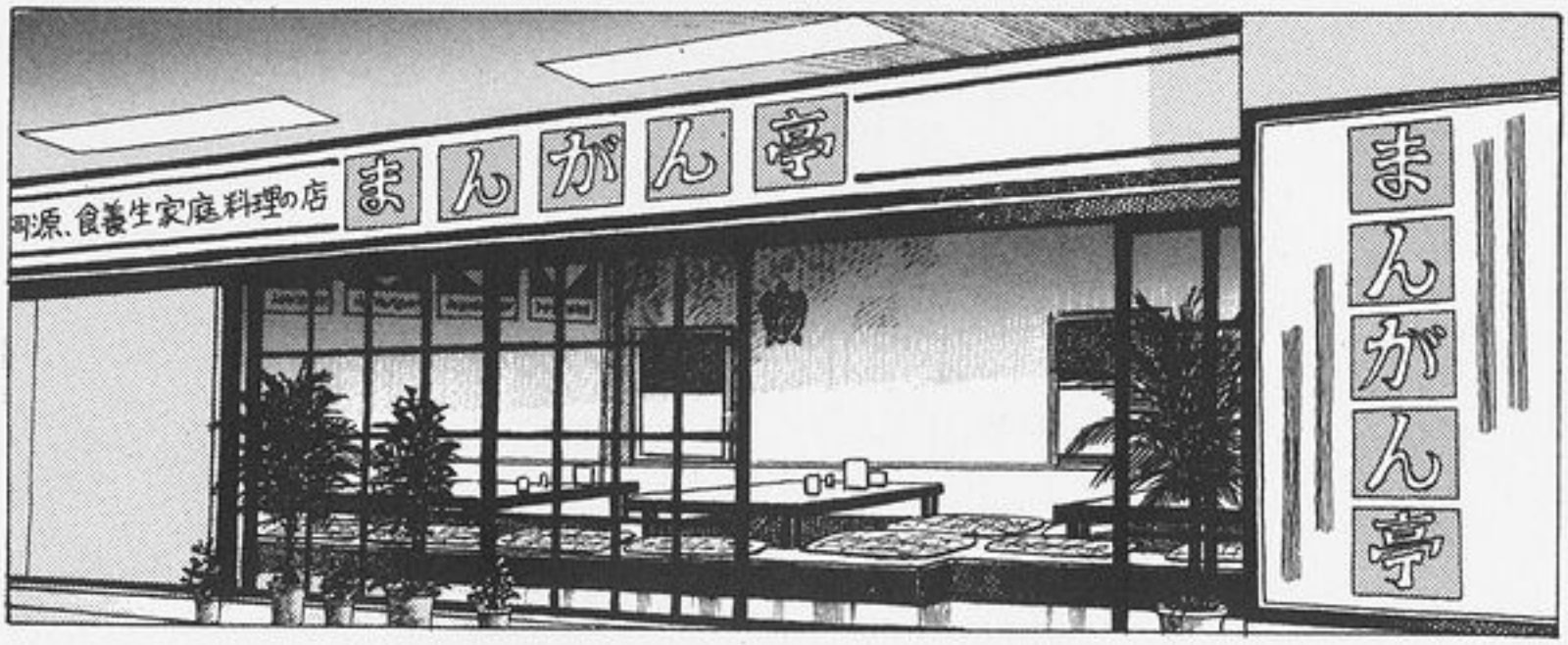
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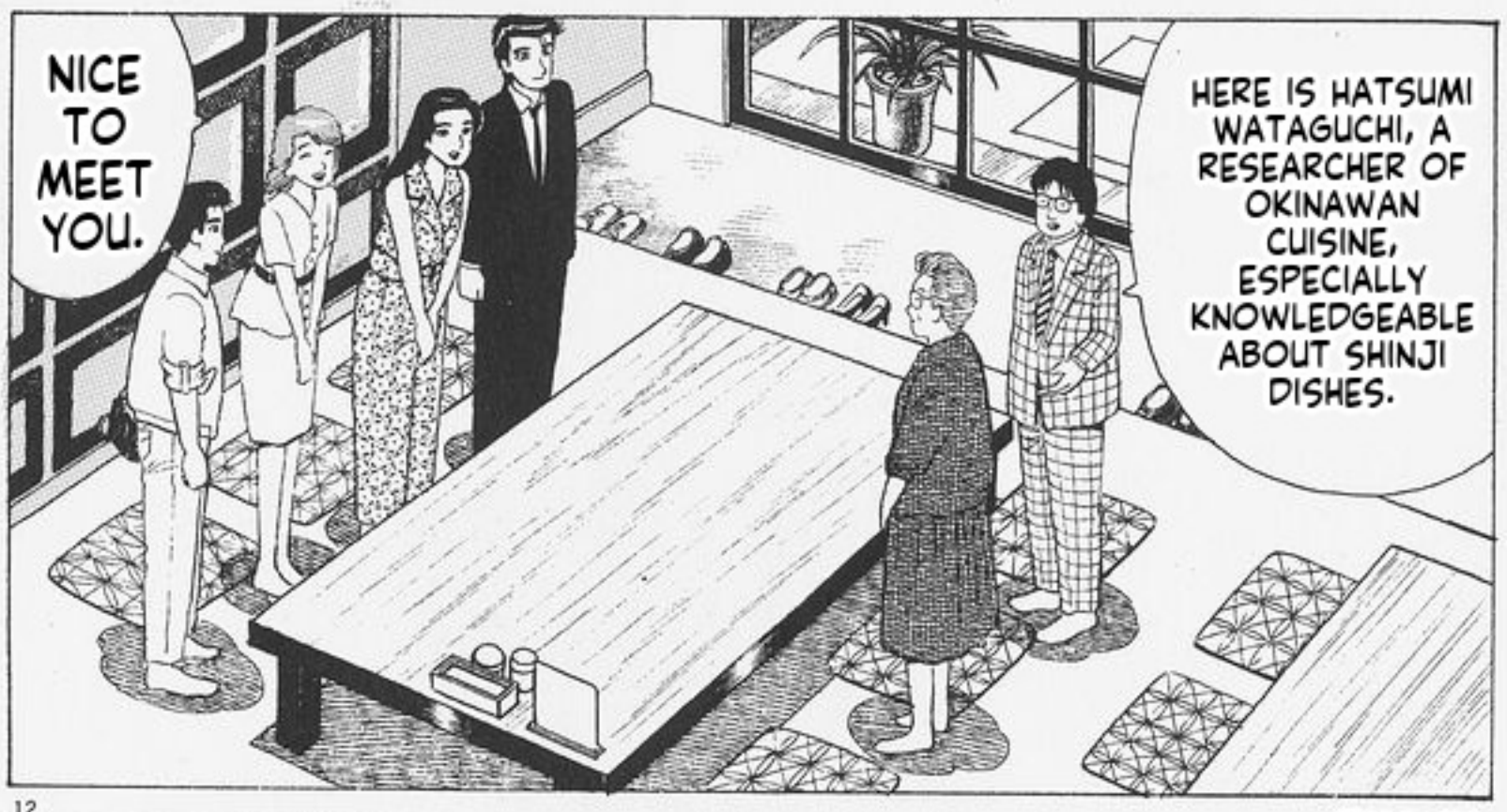
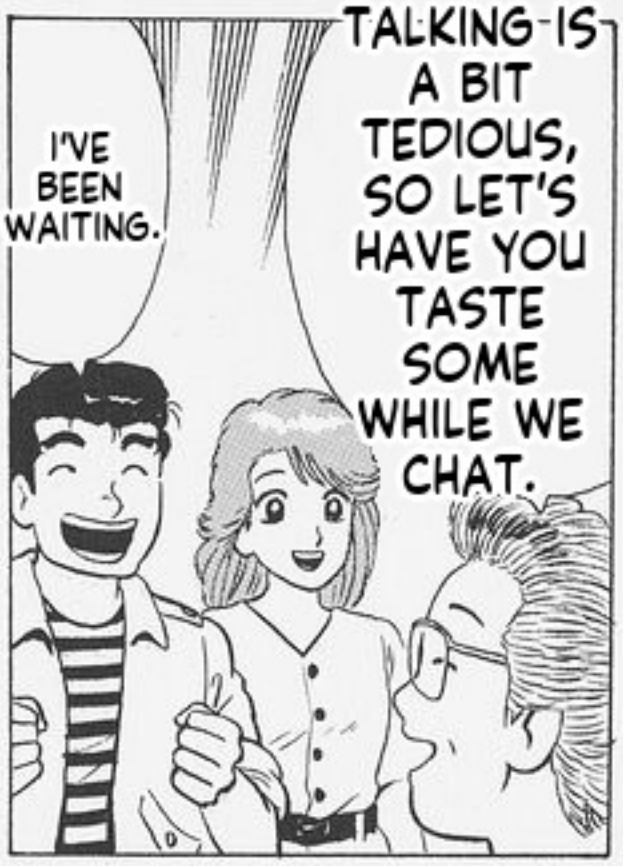
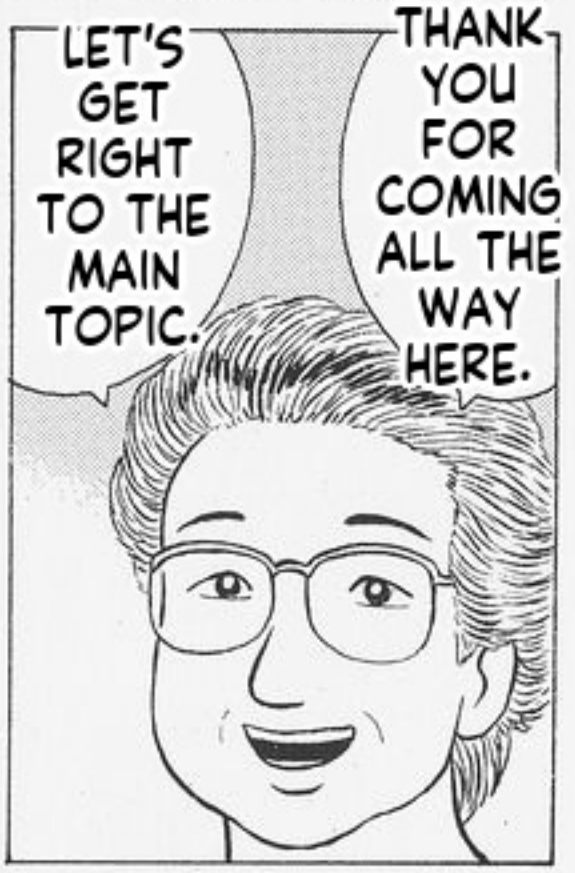
町源、食養生家庭料理の店

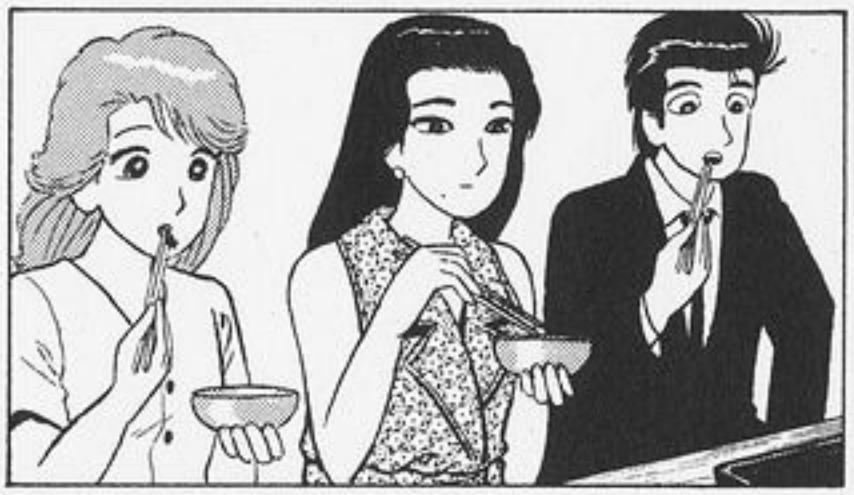

NICE TO MEET YOU.
HERE IS HATSUMI WATAGUCHI, A RESEARCHER OF OKINAWAN CUISINE, ESPECIALLY KNOWLEDGEABLE ABOUT SHINJI DISHES.

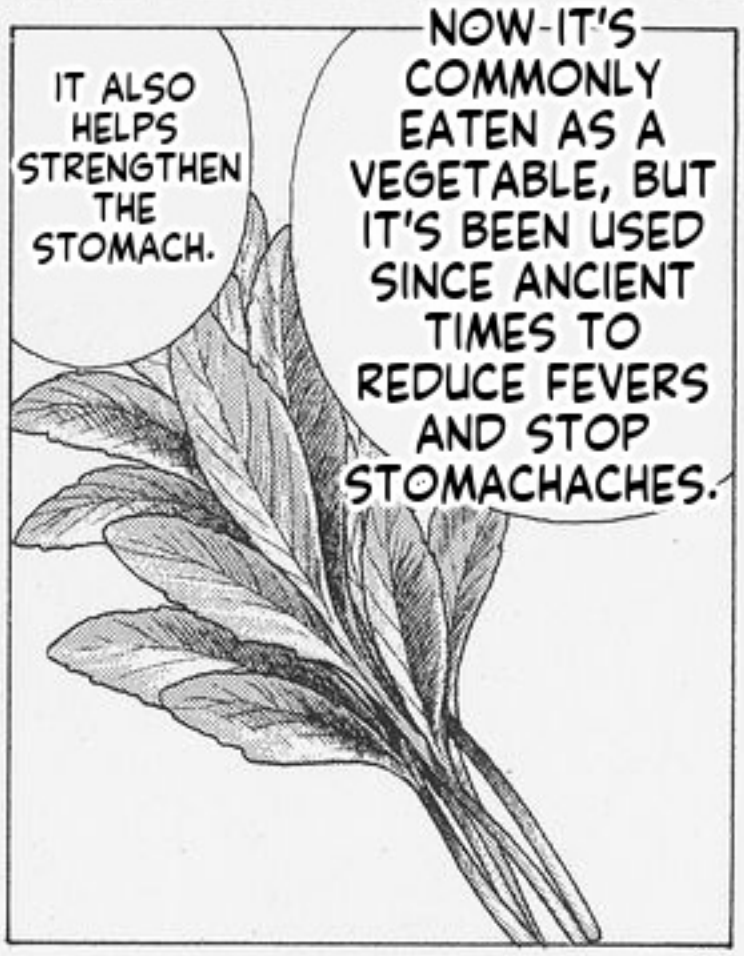
12


I'VE BEEN WAITING.
TALKING IS A BIT TEDIOUS, SO LET'S HAVE YOU TASTE SOME WHILE WE CHAT.


LET'S GET RIGHT TO THE MAIN TOPIC.
THANK YOU FOR COMING ALL THE WAY HERE.

DELICIOUSNESS 28





13

THIS IS A SIMMERED DISH OF DRIED DAIKON AND THINLY SLICED KOMBU.

THIS IS A FLAVOR I'VE NEVER EXPERIENCED BEFORE.

IT'S THE BEST APPETIZER, AS IT REALLY HELPS WITH DIGESTION.

IN THE MAINLAND, KOMBU IS USED TO MAKE DASHI. BUT IN OKINAWA, WE EAT THE KOMBU ITSELF.

KOMBU CAN'T BE HARVESTED IN OKINAWA. BUT IT HAS BEEN BROUGHT IN FROM THE MAINLAND FOR HUNDREDS OF YEARS.

THAT'S WHERE IT'S DIFFERENT.

OH, CAN YOU HARVEST KOMBU IN OKINAWA TOO?

YEAH, GOOD QUESTION.

14

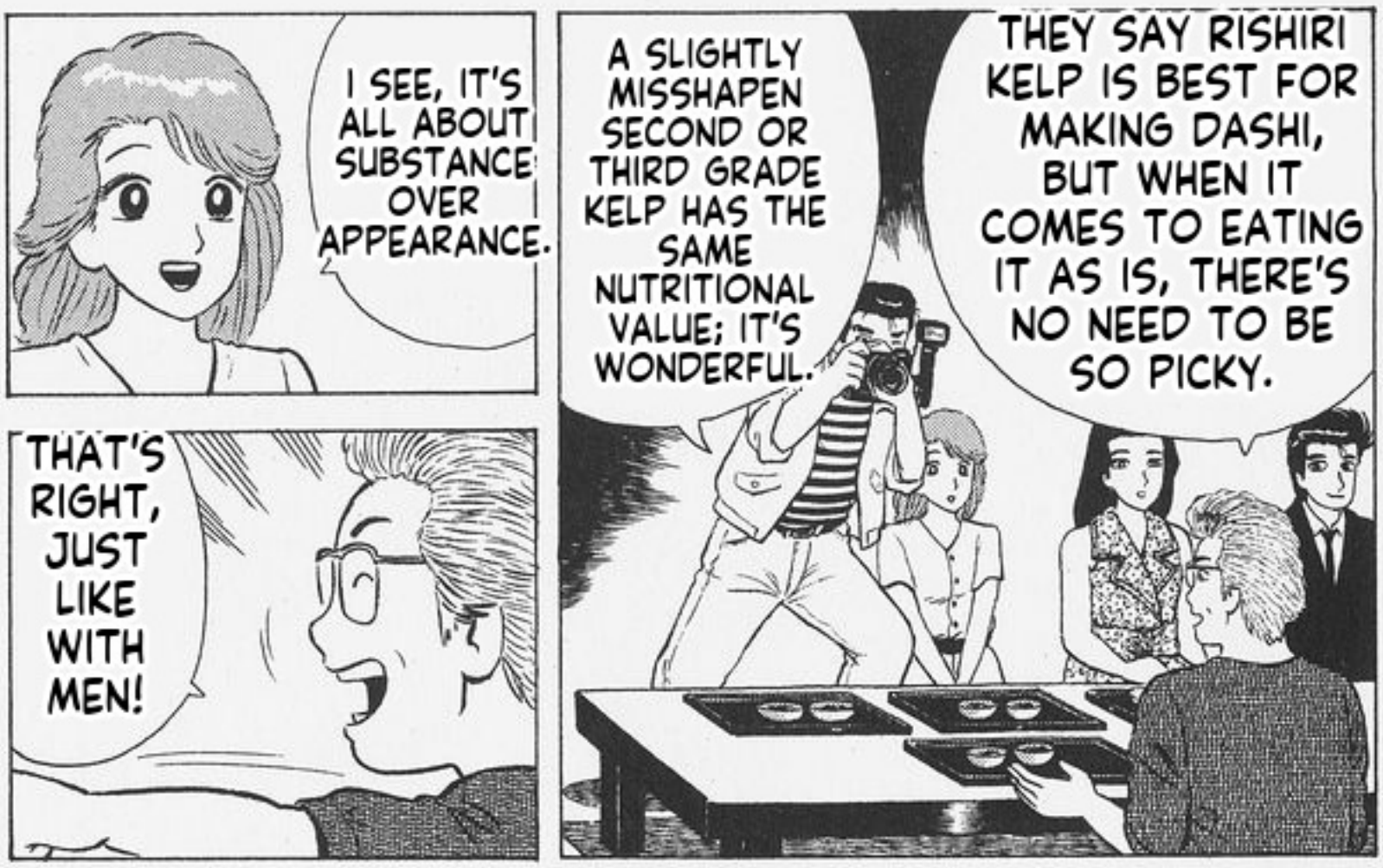
THEN YOU WON'T BE ABLE TO PROPERLY ABSORB THE NUTRIENTS FROM THE KOMBU.

YOU DON'T GET IT. TSUKUDANI IS TOO SALTY, SO YOU CAN EAT ABOUT HALF A BOWL OF RICE WITH JUST A PIECE OF KOMBU.

AH.

WELL... IN THE MAINLAND, WE EAT KOMBU AS TSUKUDANI AND SUCH.

DELICIOUSNESS 28



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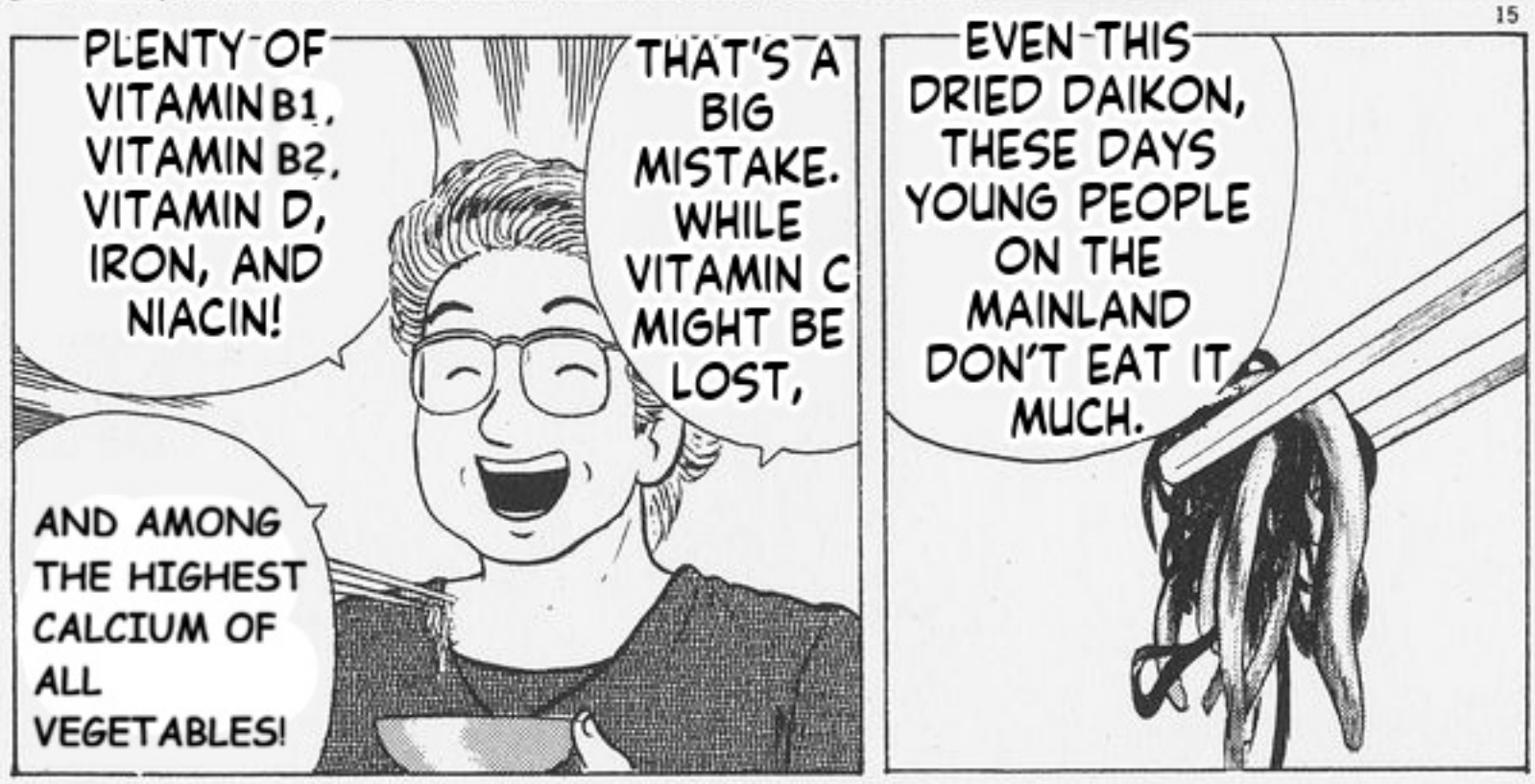


MMM!

COMBINING THAT KELP WITH DRIED DAIKON STRIPS MAKES FOR SOMETHING INCREDIBLE.

NOT ONLY IS IT LOADED WITH IODINE, POTASSIUM, AND CALCIUM,

SINCE KELP ABSORBS PLENTY OF MINERALS FROM THE SEAWATER,

BUT IT'S RICH IN PROTEINS AND VITAMINS TOO.

CALCIUM IS ONE OF THE THINGS JAPANESE PEOPLE TEND TO LACK MOST.

FOR YOUNG PEOPLE, THE COMBINATION OF DRIED DAIKON AND KELP MIGHT ACTUALLY SEEM QUITE NOVEL.

IT MIGHT BE NOTHING SPECIAL TO THE OLDER GENERATION,

WORSE TEETH THAN MIDDLE-AGED JAPANESE PEOPLE. SOME SAY IT'S BECAUSE JAPAN'S SOIL IS NATURALLY LOW IN CALCIUM, SO THE VEGETABLES DON'T ABSORB ENOUGH OF IT.

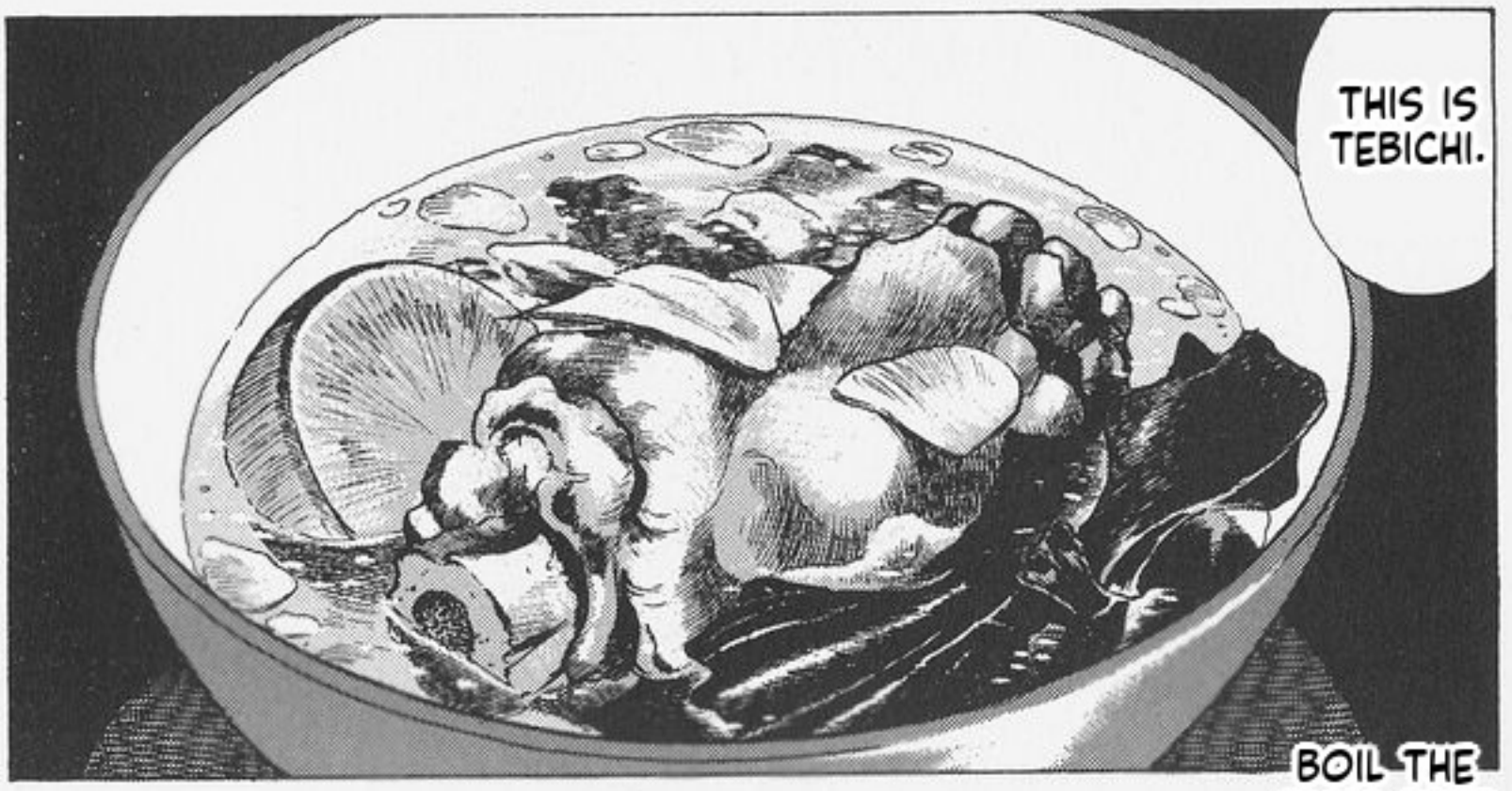
ONE PIECE OF EVIDENCE IS THE POOR STATE OF JAPANESE PEOPLE'S TEETH. YOU'D BE HARD-PRESSED TO FIND A GROUP IN ASIA WITH

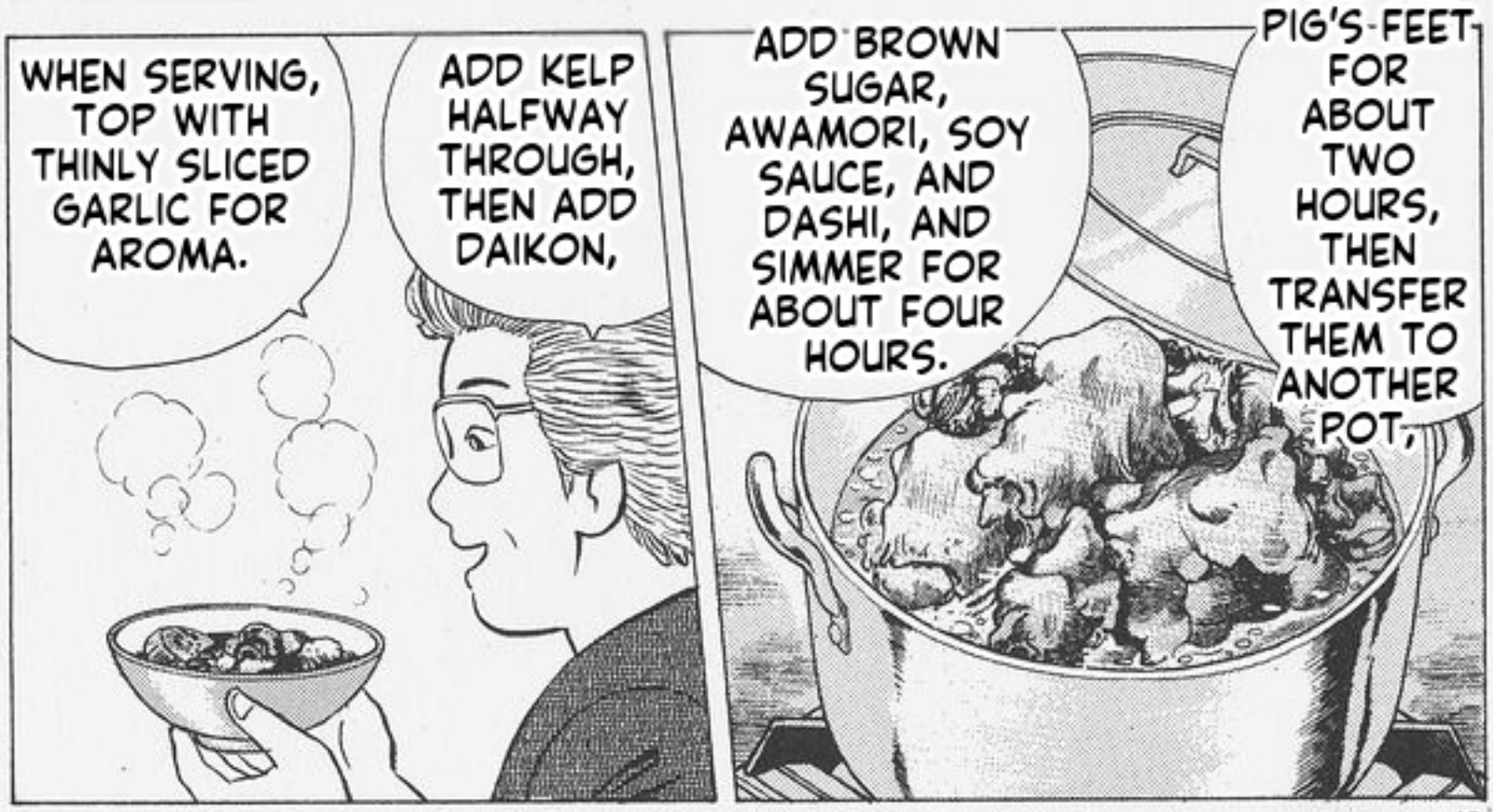
CALCIUM, MINERALS, PROTEIN...

16

DRIED DAIKON AND KELP MAY LOOK PLAIN, BUT THEY'RE NUTRITIONAL POWERHOUSES.

DELICIOUSNESS 28





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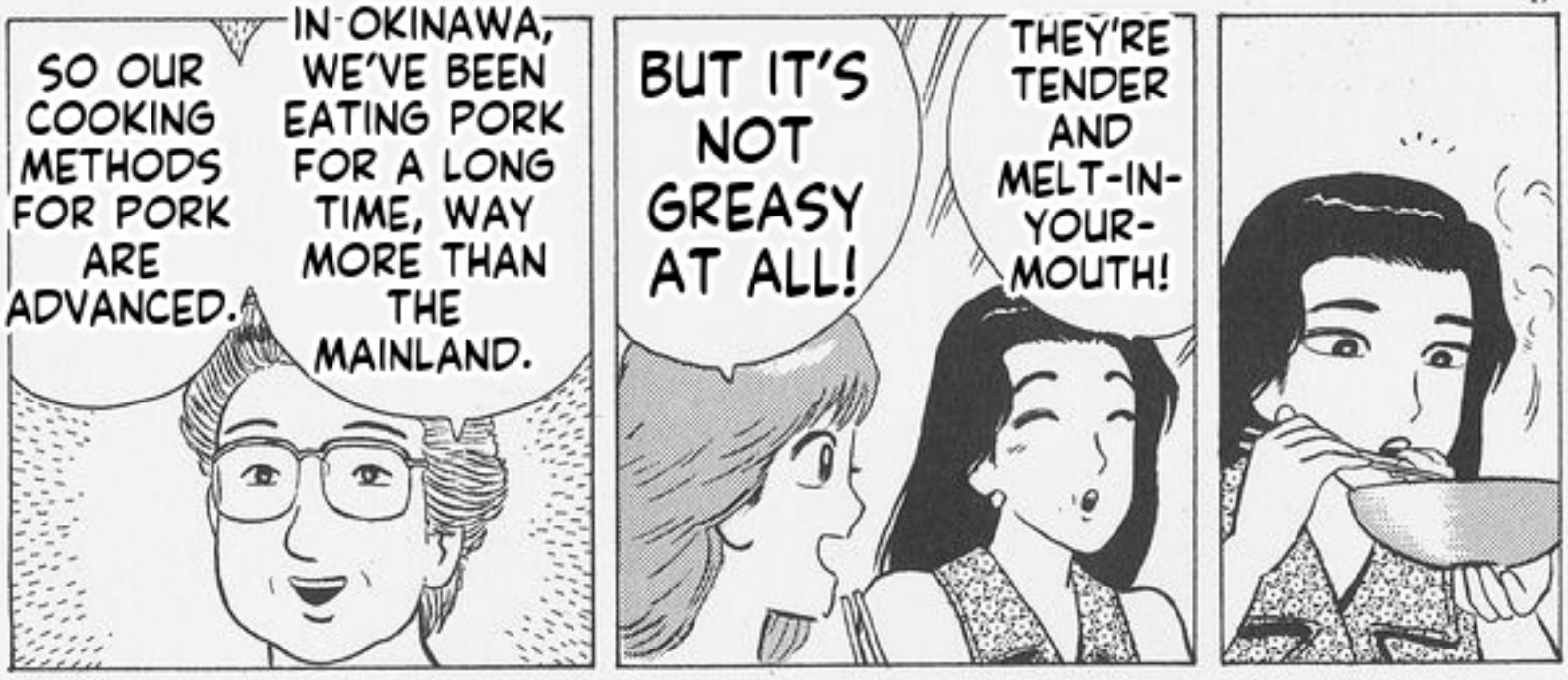


IT'S AN IMPORTANT PROTEIN THAT STRENGTHENS BLOOD VESSELS AND HELPS PREVENT AGING.
THIS STICKY AND GOOEY TEXTURE IS GELATIN.
SO, DURING THE SLOW COOKING PROCESS, THE FAT IS REMOVED.
IF THE FAT IS TOO STRONG, IT WON'T TASTE GOOD AND IT'S NOT GOOD FOR THE BODY.
IF YOU EAT A LOT OF KOMBU TOGETHER LIKE THIS, IT CAN PREVENT THAT TOO.
IF YOU CONSUME TOO MUCH GELATIN, IT'S EASY TO GET GOUT, BUT...
I SEE, SO THE UNNECESSARY FAT IS REMOVED AND IT'S COOKED TO LET YOU ENJOY THE IMPORTANT PROTEIN.
18
TUYA-SHI REFERS TO THE INSIDES OF THE COW, MEANING THE ORGANS.
THIS IS A SOUP MADE FROM THE COW'S ORGANS COMBINED WITH MEDICINAL HERBS.
THIS IS TUYA-SHI... GUSUI.

DELICIOUSNESS 28

IT'S VERY GOOD FOR BOTH THE STOMACH AND THE LIVER.

IT'S A BLEND OF HERBS LIKE FENNEL, LICORICE, TURMERIC, MUGWORT, AND BITTER GREENS.

OH, WHAT IS THIS FRAGRANCE...

IT'S SOMETHING I'VE ENCOUNTERED BEFORE, YET NOT QUITE...

IT'S NOT ONLY GOOD FOR THE BODY BUT ALSO DELICIOUS.

WOW! IT REALLY SEEMS LIKE IT WOULD BE EFFECTIVE.

ホッ ハッ

BUT WHEN USED LIKE THIS, IT HAS A REFRESHING FLAVOR CLOSE TO MINT, WHICH IS SURPRISING!

WHEN YOU THINK OF MUGWORT, YOU ASSOCIATE IT WITH SWEET RICE CAKES AND DUMPLINGS,

IT'S MUGWORT.

OH! IT IS MUGWORT!

GOAT DISHES!

I'VE NEVER HAD GOAT DISHES.

IT'S COOKED WITH RICE AND IS ESPECIALLY INDISPENSABLE FOR GOAT DISHES.

YOMOGI IS CALLED FUCHIBA IN OKINAWA, AND IT'S AN ESSENTIAL AROMATIC VEGETABLE.

A QUIZ?

NOW, HERE'S THE QUIZ.

BUT YOU HAVE TO MAKE SURE TO EAT THIS BEFORE YOU LEAVE.

20

EXACTLY WHAT YOU WOULD CALL OKINAWAN!

THE TWO THINGS I'M ABOUT TO PRESENT ARE,

EVERYTHING YOU'VE EATEN SO FAR IS PART OF OKINAWA'S LONGEVITY CUISINE,

DELICIOUSNESS 28

THERE'S SOMETHING BLACK AND TUBULAR IN THE SOUP...

THIS IS...

THIS IS TRULY SHINJI WITHIN SHINJI.

NOW, TAKE A GUESS, WHAT KIND OF SOUP DO YOU THINK THIS IS?

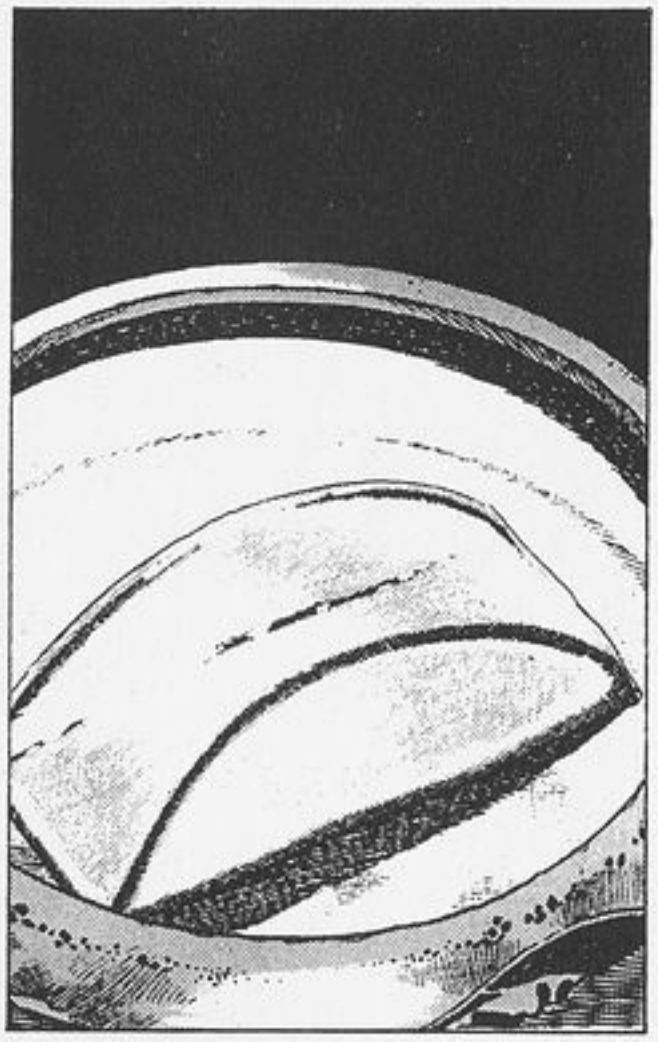
WHAT IS THIS BLACK THING...?

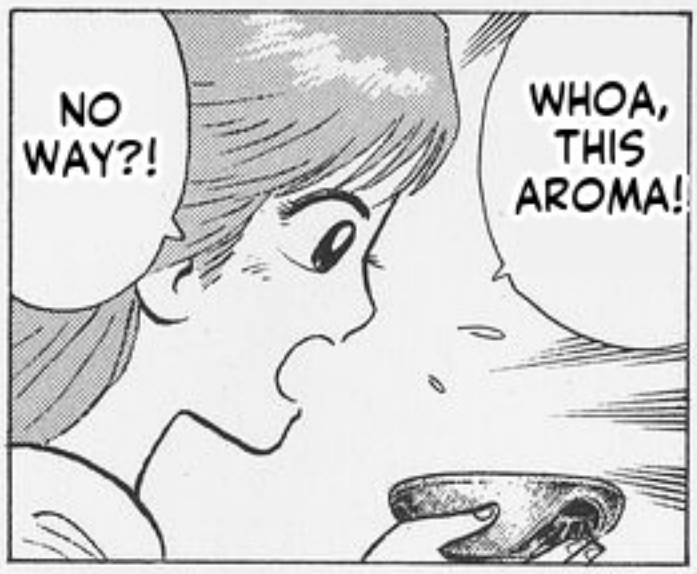
22

HMM...

第2話
長寿料理対決!!
〈3〉

FIRST, THIS PALE PINK JIGGLY THING IS...?



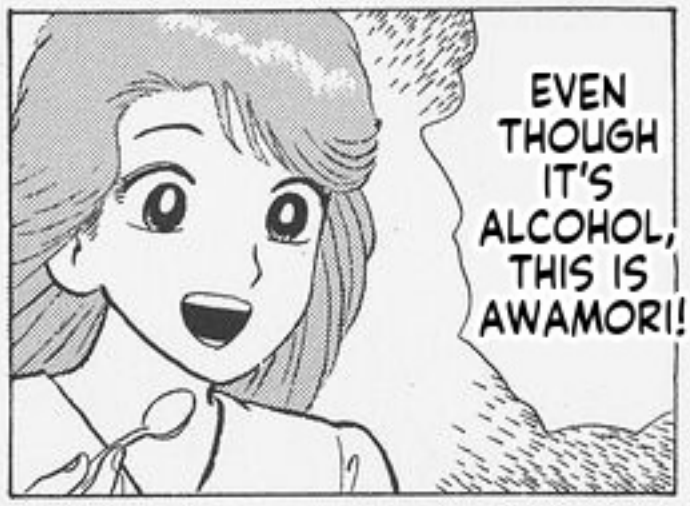

NO WAY?!
WHOA, THIS AROMA!

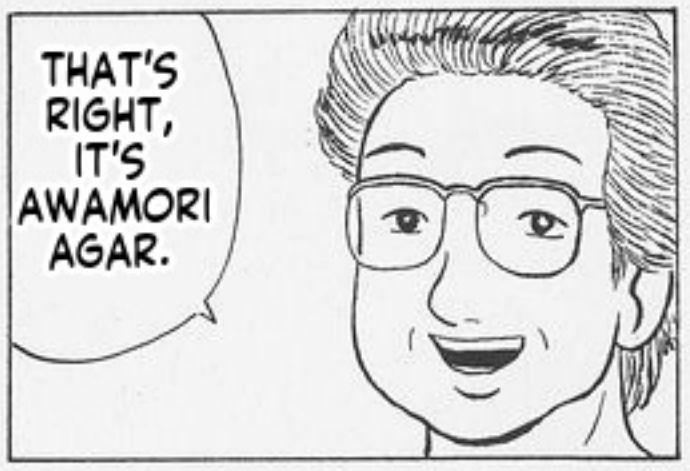
WHAT ON EARTH IS SET IN THIS AGAR?

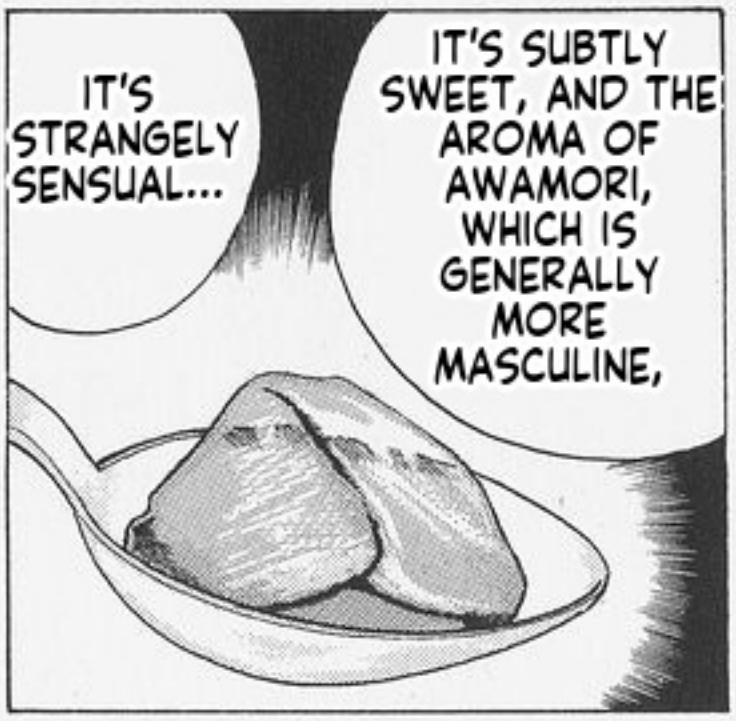
IS THIS ALCOHOL?

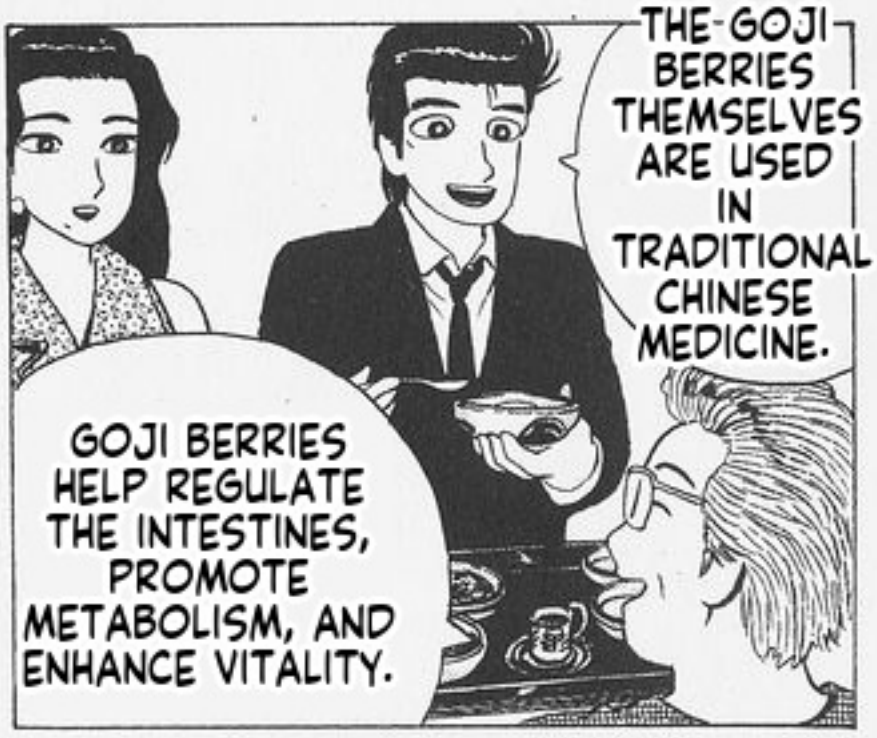
I CAN'T BELIEVE IT, BUT THIS SCENT IS UNLIKE ANYTHING ELSE.

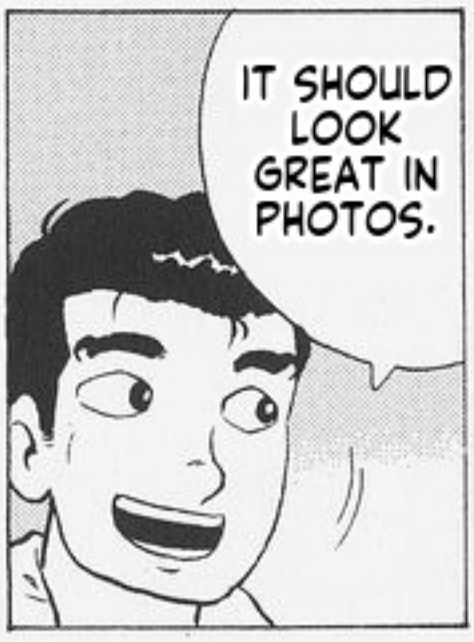
DELICIOUSNESS 28

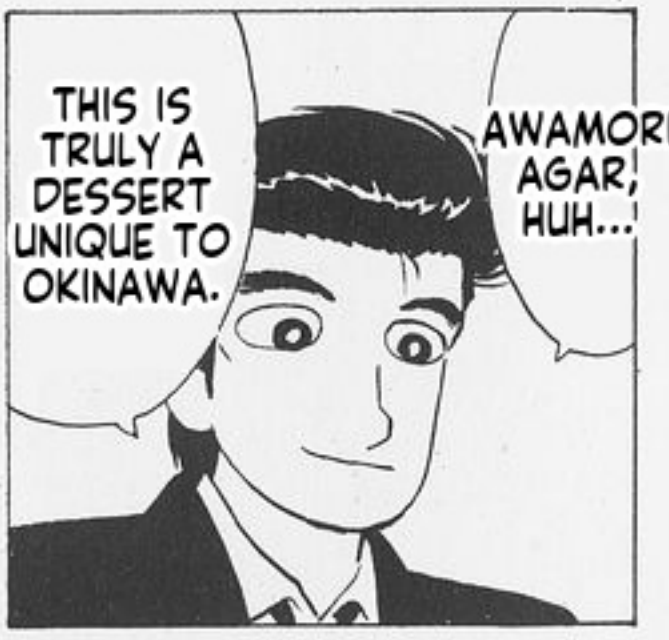












NOW HERE IT IS, THE ULTIMATE DISH OF SHINJI CUISINE!

FIRST, I HAD YOU TASTE THE DESSERT, SO THE ORDER GOT REVERSED, BUT

IT HAS A MYSTERIOUS VIBE TO IT...

INDEED, THIS IS...

THE SURFACE OF THIS BLACK CYLINDRICAL THING LOOKS SCALY, BUT...

OH?

DO EELS EVEN HAVE SCALES...?

THIS IS SMOKED EEL.

4

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WELL, THIS IS A UNIQUE TYPE OF EEL FROM OKINAWA.

DELICIOUSNESS 28

ANYWAY, LET'S TASTE IT FIRST. WE CAN TALK AFTER THAT.

HEY, IS THIS REALLY EEL?

UGH...

MR. YAMAOKA, DO YOU THINK I'VE FORGOTTEN ABOUT MR. OHARA'S STORY?

I REALLY LIKE THIS FLAVOR!

OH MY!

トクトク

BUT EVEN THOUGH IT'S SMOKED, THE SKIN IS QUITE FIRM FOR EEL.

IT'S COOKED WELL, SO IT'S VERY TENDER...

WELL, WELL.

BUT IT'S NOT HEAVY AND IT'S SMOOTH!

IT'S A VERY RICH AND PROFOUND FLAVOR!

OH! IT REALLY SEEMS LIKE IT'S GOING TO BOOST MY ENERGY!

EVEN SO, THIS SKIN AND FLESH ARE NUTRITIOUS, SO IT WOULD BE A WASTE NOT TO EAT THEM.

BUT IT SEEMS THAT MOST OF THE FLAVOR HAS COME OUT INTO THE BROTH.

THE SKIN IS ROUGH AND AT THE SAME TIME SLIMY, IT'S A STRANGE FEELING...

OH MY! IT'S A SEA SNAKE!

THIS IS AN IRABU EEL.

WHAT KIND OF EEL IS THIS?

IT'S NOT FATTY AT ALL FOR AN EEL.

THAT'S ONE REASON, BUT THE TRUTH IS, IT'S AN EEL FROM THE SEA.

THEY LIVE IN GROUPS AND MAINLY EAT SEA GRAPES THAT GROW IN THE OCEAN.

IN OKINAWA'S DIALECT, IT'S CALLED IRABU.

THEY SAY NACHORA AND BEEF TOGETHER HAVE INVIGORATING EFFECTS.

IN OKINAWA, SEA GRAPES ARE CALLED NACHORA, AND THEY ARE SIMMERED WITH BEEF TO MAKE A SOUP.

SPEAKING OF SEA GRAPES, THEY USED TO BE A DEWORMING MEDICINE LONG AGO.

MOREOVER, THEY ARE ALWAYS SIMMERED WITH KELP, WHICH FURTHER INCREASES THEIR NUTRITIONAL VALUE.

IT'S PERFECT FOR CHILDREN, PREGNANT WOMEN, AND ANYONE WHO WANTS TO BUILD UP THEIR STRENGTH.

THAT'S RIGHT! IRABU CONTAINS FORTY-TWO TYPES OF AMINO ACIDS, PLUS PLENTY OF TAURINE AND CALCIUM.

IS IT BECAUSE THEY EAT SEA GRAPES THAT THE IRABU IS NUTRITIOUS TOO?

7

THIS IS SMOKED IRABU.

DURING THAT TIME, YOU LET IT EXPEL ALL THE IMPURITIES FROM ITS BODY.

AFTER CATCHING THE FISH, LEAVE IT FOR ABOUT THREE MONTHS WITHOUT GIVING IT ANYTHING, IN A BUCKET OR WITH OTHER FISH.

IT'S ROCK HARD.

OH, IT'S TOUGH.

IT'LL BE ON SALE STARTING IN DECEMBER.

THEN YOU EITHER STEAM IT OR BOIL IT BEFORE SMOKING IT.

TO STILL BE ALIVE AFTER THAT IS SOME TERRIFYING VITALITY.

THAT VITALITY IS IMPORTANT.

NOT GIVING IT ANYTHING FOR THREE MONTHS?

SMOKED FISH IS BOILED WITH KELP FOR ABOUT FOUR TO FIVE HOURS, SKIMMING OFF THE SCUM SEVERAL TIMES ALONG THE WAY.

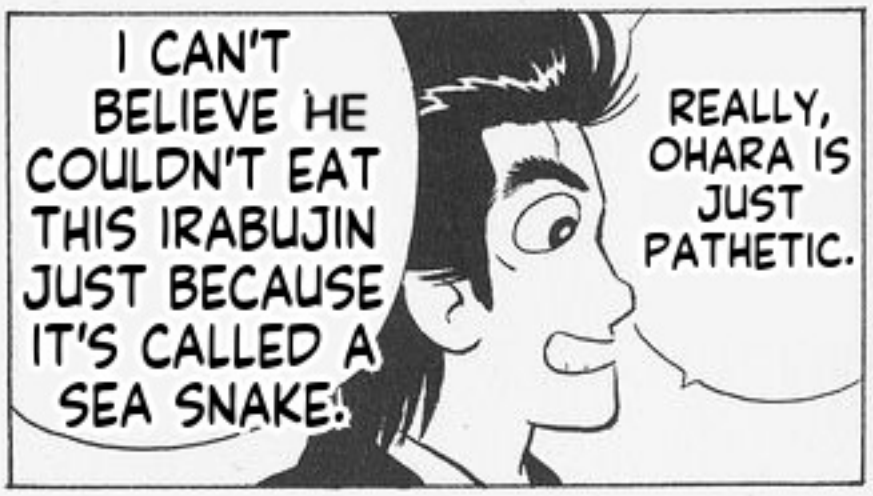
HMM! THAT SOUNDS EFFECTIVE.

AND THE RESULTING BROTH IS THE BEST BROTH. IF YOU'RE GOING TO DRINK IT AS MEDICINE, THIS IS THE BEST!

YES, BUT TO ENJOY IT AS A DISH, WE NEED TO PUT IN A LITTLE EXTRA EFFORT FROM HERE.

8

DELICIOUSNESS 28



9

OF COURSE, THAT'S THE PLAN.

WHEN IT COMES TO SEAFOOD, YOU'RE GOING TO ISHIGAKI ISLAND, RIGHT?

IRABU IS ONE OF THE SEAFOOD GIFTS FROM THE HEAVENS TO OKINAWA.

SHINJI'S COOKING WAS WONDERFUL.

OH, WHERE?

BUT FIRST, THERE'S SOMEWHERE I WANT TO GO.

SHISA? WHAT'S THAT?

LOOK, THAT.

I WANT TO VISIT THE HOME OF A SHISA MASTER NAMED SHIMATSUNE.

TOYAMA TOJIN HAS A FRIEND HERE...

10

IN OKINAWA, THERE'S A CUSTOM OF PLACING SHISA ON THE GATEPOSTS OR ROOFTOPS TO PROTECT THE HOUSE.

THESE DAYS, EVEN IN HIGH-RISE APARTMENTS.

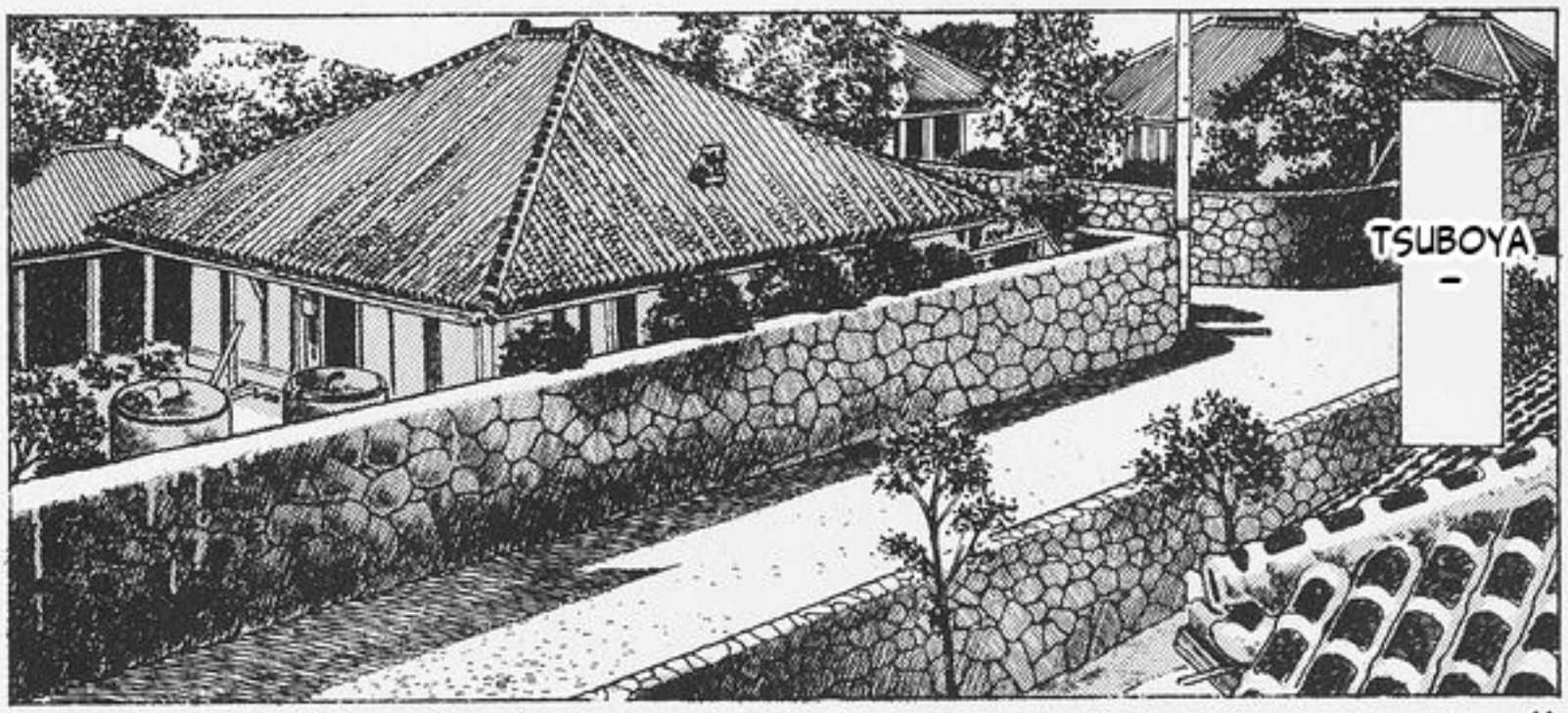
DELICIOUSNESS 28

IT WAS A WORK BY THE MASTER OF SHISA-MAKING, MR. SHIMATSUNE.

ONCE, I WAS SHOWN A WONDERFUL SHISA BY MASTER TŌYAMA

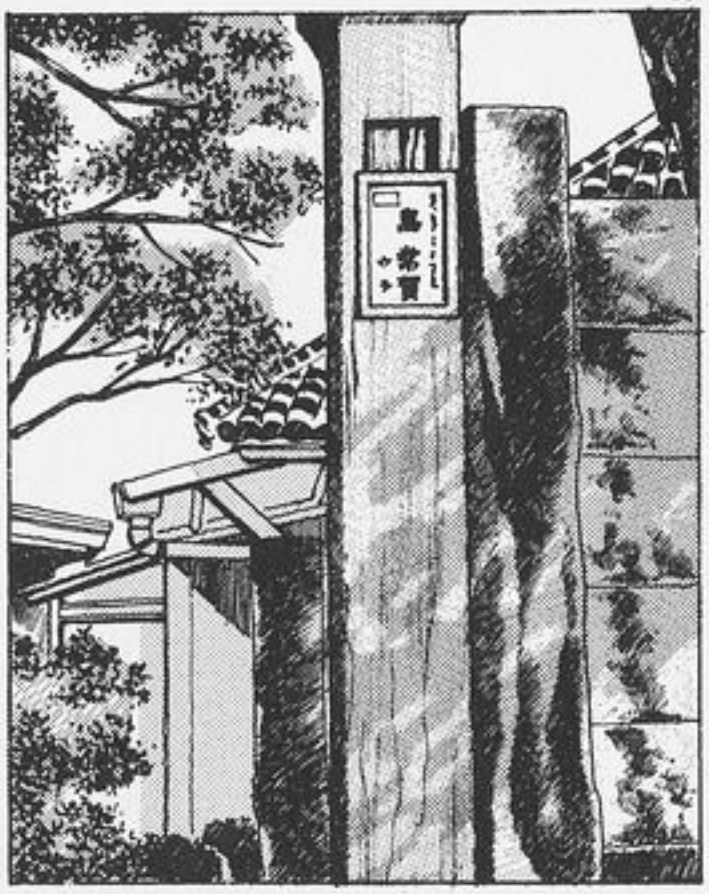
カシャ

OVER THERE TOO...



I KNOW MASTER TOYAMA.

HELLO, MY NAME IS YAMAOKA.

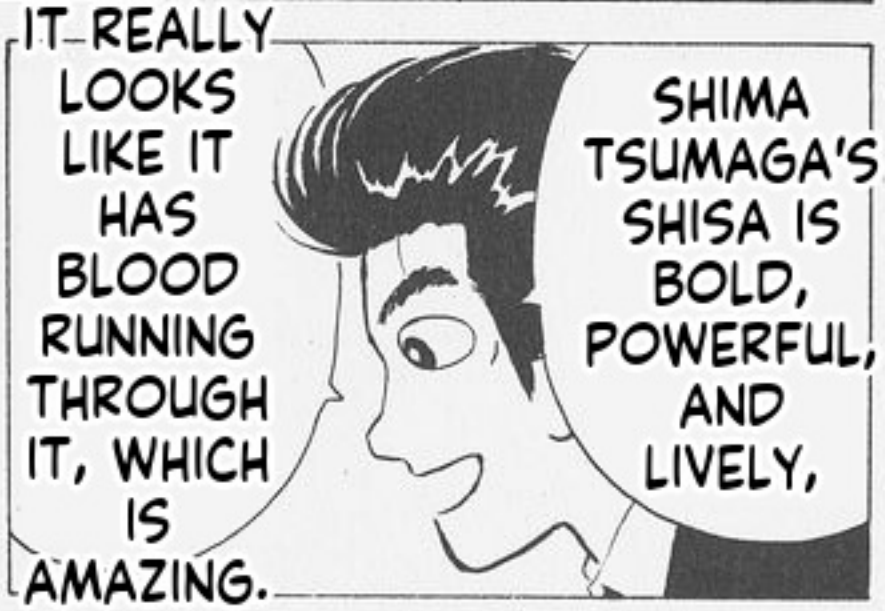


NOW, PLEASE.
WELL, WELL, YOU'VE COME FROM FAR AWAY.

WOW, SO THIS IS THE SHISA.

12

I WANT ONE TOO!
I WANT ONE TOO!


IT REALLY LOOKS LIKE IT HAS BLOOD RUNNING THROUGH IT, WHICH IS AMAZING.
SHIMA TSUMAGA'S SHISA IS BOLD, POWERFUL, AND LIVELY,

DELICIOUSNESS 28

BUT FOR A YOUNG AND PRETTY GIRL, I CAN'T HELP BUT WANT TO GIVE IT AWAY.

HO HO.

WELL, THAT'S QUITE...

THAT YOU HAVE TO RESERVE YEARS IN ADVANCE OR YOU WON'T GET YOUR TURN.

NO WAY. THE PROFESSOR'S WORKS HAVE SO MANY PASSIONATE FANS

EXCUSE ME.

HAHAHA!

OH, THAT'S SO UNFAIR!

THAT VOICE IS...!

SPEAKING OF WHICH, ANOTHER PERSON INTRODUCED BY PROFESSOR TOYAMA WAS SUPPOSED TO COME TODAY.

MASTER SHIROU..!

KAIBARA-SENSEI?!

LET'S EXPLORE THE SECRETS OF LONGEVITY FOOD...

AH.....

KINJO-SAN.

THAT'S BECAUSE OKINAWA IS THE LONGEST-LIVING PLACE IN JAPAN, NO, IN THE WORLD.

YOU ALL, WHY DID YOU COME TO OKINAWA...?

HAVE YOU COME TO THIS LAND OF LONGEVITY TO GAIN IDEAS FOR DISHES THAT PROMOTE LONG LIFE...?

CATCHING A THIEF AND TYING THEM UP IS EXACTLY WHAT THIS IS ABOUT.

I SEE.

15

WHAT!

DO YOU REALLY THINK YOU CAN CREATE SOMETHING DECENT WITH SUCH A HASTY STUDY?!

IT IS FUNDAMENTALLY NECESSARY FOR HUMANS.

HUMAN LIFE, NOURISHES THE BODY, BUILDS ENERGY, AND SUPPORTS THE SOUL.

FOOD IS, BEFORE DISCUSSING TASTE, SOMETHING THAT SUSTAINS

UM...

WHAT KIND OF FOOD IS NECESSARY FOR A LONG LIFE? IT SHOULD BE OBVIOUS WITHOUT EVEN THINKING.

IF YOU ARE ALWAYS DEEPLY CONTEMPLATING THAT FOOD,

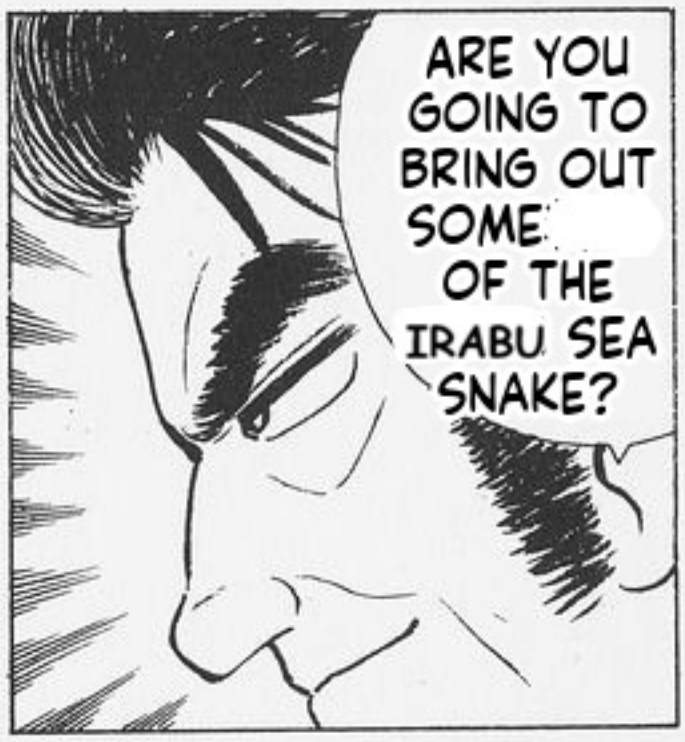
16

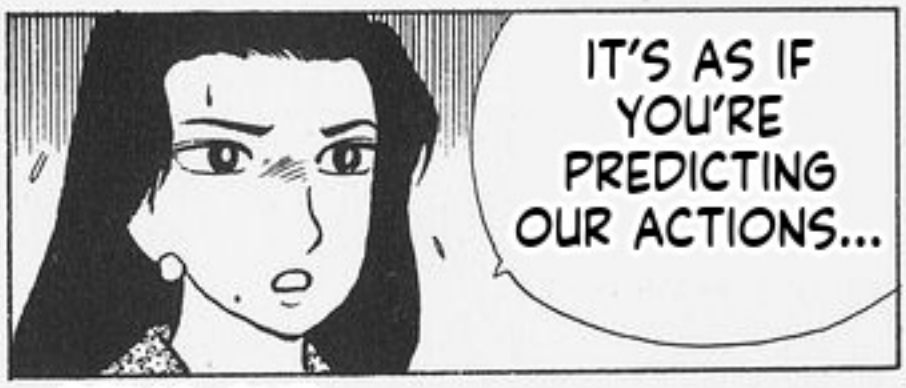
WITH THIS, I CAN GUESS WHAT YOU ALL WILL BRING TO THE NEXT SHOWDOWN.

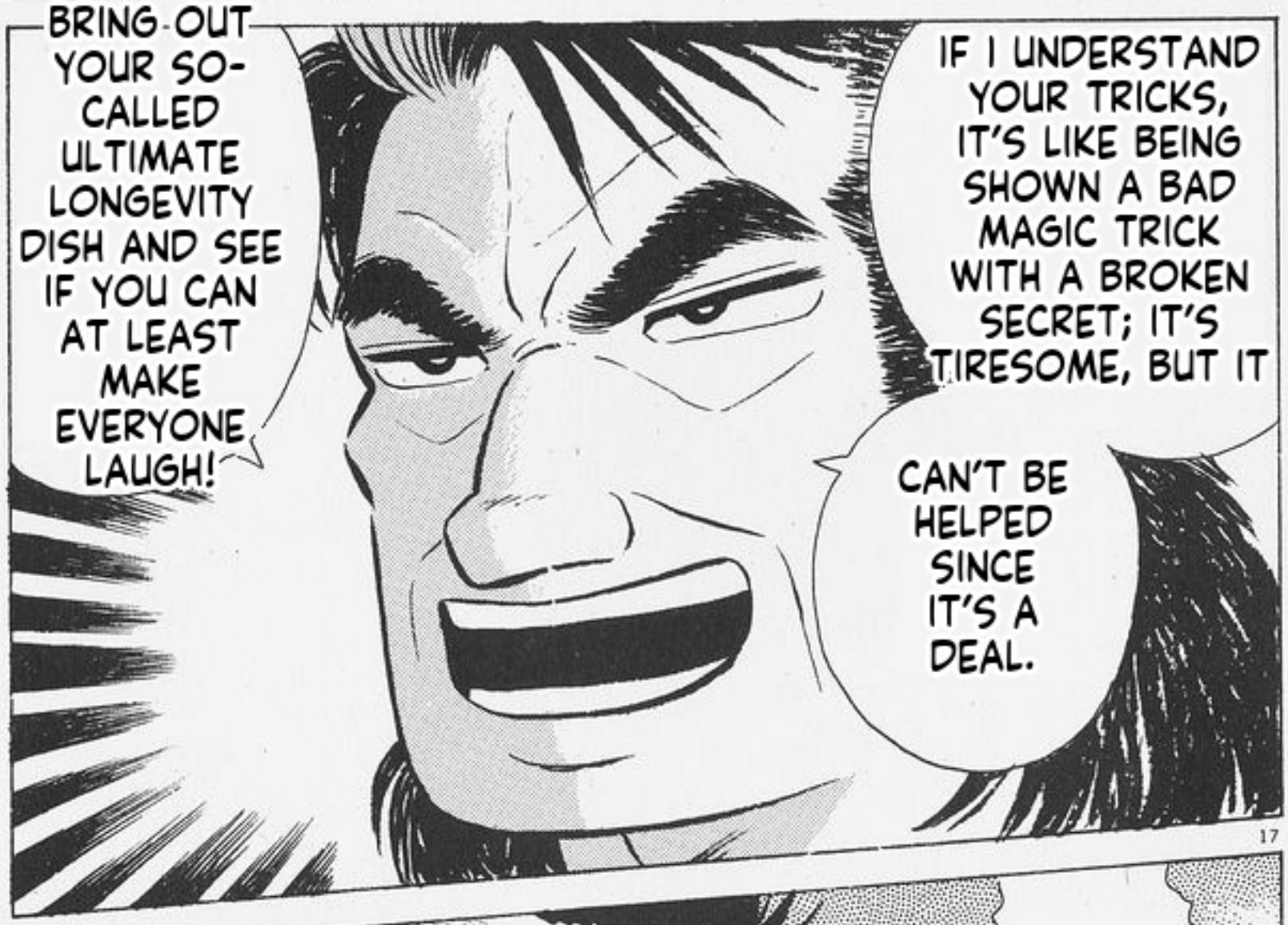
WHAT FOOD IS, AND WHAT COOKING IS, IS PROOF OF NOT UNDERSTANDING THE BASICS!

WHAT FOOLISHNESS IT IS TO COME ALL THE WAY TO THE LAND OF LONGEVITY TO SEEK THE SECRETS OF LONGEVITY CUISINE.

DELICIOUSNESS 28







MY NAME IS YŪZAN KAIBARA.

EVERYONE SEEMS TO KNOW EACH OTHER...

I THOUGHT YOU WOULD BE A VERY ARROGANT PERSON,

HO HO HO, WHEN IT COMES TO YŪZAN KAIBARA, YOUR FAME RESONATES THROUGHOUT THE LAND,

WHAT A POLITE GREETING.

I'M PLEASED TO MEET YOU.

I CAME HERE THROUGH THE INTRODUCTION OF MY MASTER, TOYAMA TŌJIN.

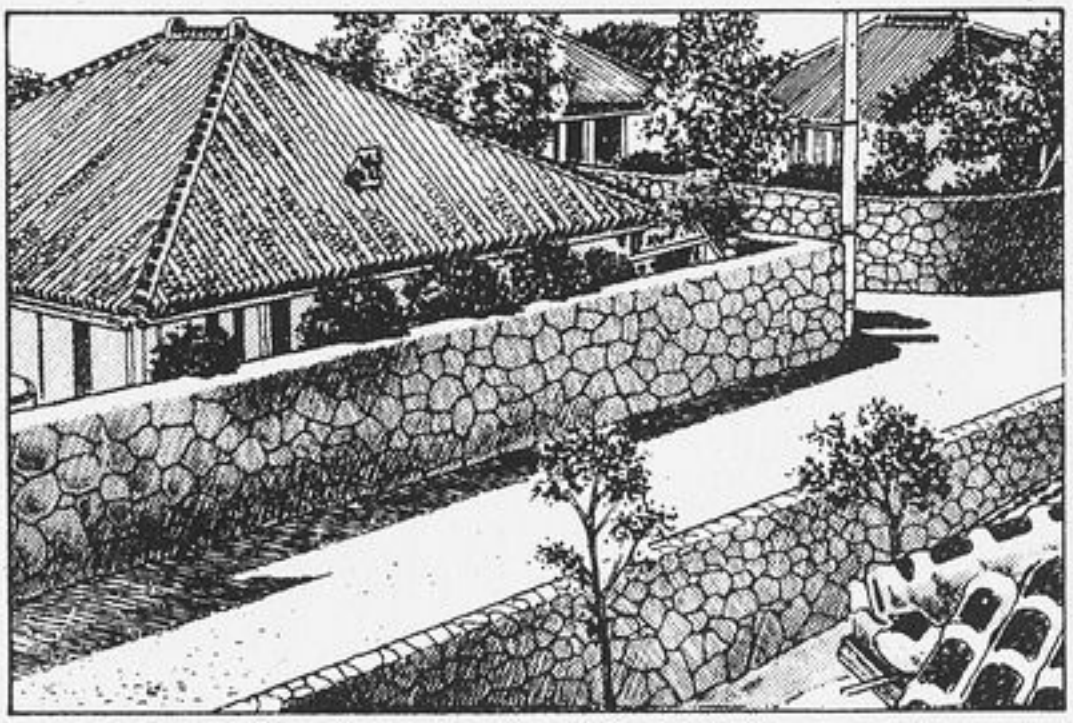
18

I WOULD LIKE TO COMPILE YOUR SHISA.

IN FACT, I WOULD LIKE TO INCLUDE IT AS ONE OF THE VOLUMES IN THE JAPANESE ART ENCYCLOPEDIA THAT I AM SUPERVISING AND PUBLISHING.

I WAS SO TAKEN WITH JUST ONE GLANCE AT YOUR SHISA.

DELICIOUSNESS 28



HE KNOWS EXACTLY WHAT HAPPENS WHEN YAMAOKA AND KAIBARA ARE TOGETHER!!!

PROFESSOR TOYAMA CAN BE QUITE SPITEFUL.

I'M SORRY, IT'S JUST THAT I LET SOMETHING SLIP...

WHY IS IT FOR YAMAOKA-SAN?

ON THE CONTRARY, IT'S FOR YAMAOKA-SAN'S BENEFIT...

NO, IT WASN'T THAT PROFESSOR TOYAMA WAS BEING MEAN...

HMPH! THAT OLD MAN...

20

I'LL THOROUGHLY PURSUE OKINAWA'S LONGEVITY CUISINE!

IF KAIBARA YUZAN HAS FIGURED OUT WHY WE'RE HERE, THEN

ALRIGHT THEN, LET'S GO.

MR. HASEGAWA! NEXT IS RYUKYU UNIVERSITY, RIGHT!

OH, ARE YOU STOPPING SOMEWHERE ELSE BEFORE GOING TO ISHIGAKI ISLAND?

PROFESSOR HIROKO, FACULTY OF EDUCATION, RYUKYU UNIVERSITY.

RYUKYU UNIVERSITY.

I HAD THE PLEASURE OF READING YOUR BOOK, SENSEI!

THANK-YOU FOR TAKING THE TIME TODAY DESPITE YOUR BUSY SCHEDULE.

OH MY, THANK YOU VERY MUCH.

SO, YOU CAME TO EXPLORE THE SECRET OF THE LONGEVITY OF THE PEOPLE OF OKINAWA, WHICH LIES IN THEIR DIET.

INTERRUPTION?

HOWEVER, THERE WAS AN INTERRUPTION THERE...

IT WAS TRULY WONDERFUL, AND I WAS MOVED.

I TRIED SHINJI CUISINE.

21

THAT'S GREAT TO HEAR.

HUH?

IT IS POSSIBLE THAT MR. KAIBARA IS MISTAKEN,

...I SEE. I UNDERSTAND WELL.

WHAT DOES THAT MEAN?

OR PERHAPS YOU SAID THAT TO CONFUSE YOU, KNOWING THE ANSWER.

I WILL SHARE WITH YOU THE WISDOM TO WIN AGAINST MR. KAIBARA YUZAN IN THE SHOWDOWN OF THE 'SUPREME MENU.'

22

.....!

HELP TO DEFEAT KAIBARA YUZAN?!

第2話
長寿料理対決!!
〈4〉

GLOBALLY, OKINAWA'S FOOD IS CONSIDERED NORMAL, WHILE THE MAINLAND IS SEEN AS SPECIAL...

PROFESSOR SASUKE NAKAO, AN HONORARY PROFESSOR AT OSAKA PREFECTURE UNIVERSITY, STATES THIS.

WHAT KIND OF WISDOM IS NEEDED TO DEFEAT KAIBARA YUZAN?

THIS CAN BE SAID WHEN COMPARED TO THE SAME GENERATION ON THE MAINLAND.

IT REFLECTS THE DIETARY HISTORY OF THE ELDERLY PEOPLE IN OKINAWA WHO ARE NOW IN THEIR 80S AND 90S.

OKINAWA IS NORMAL?!

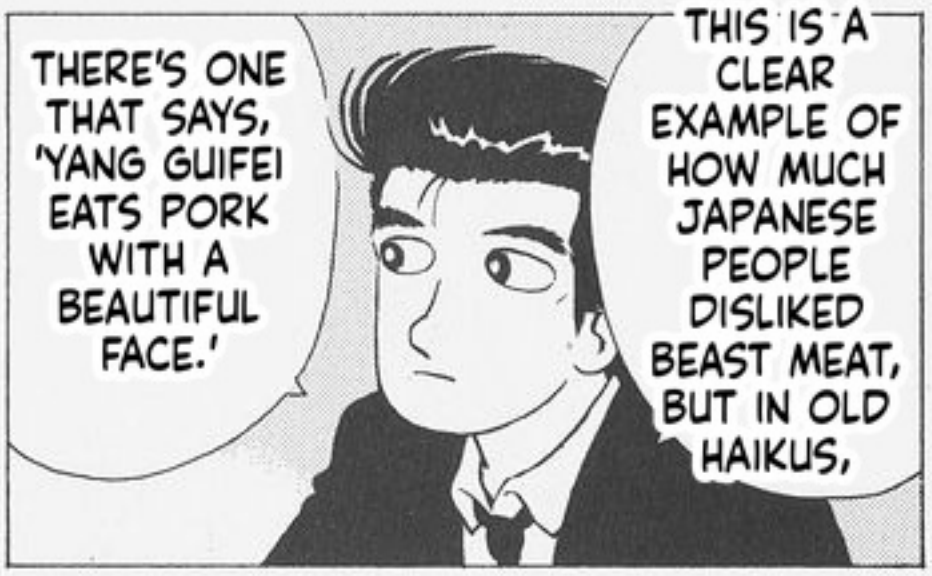
THE MAINLAND IS SPECIAL!?

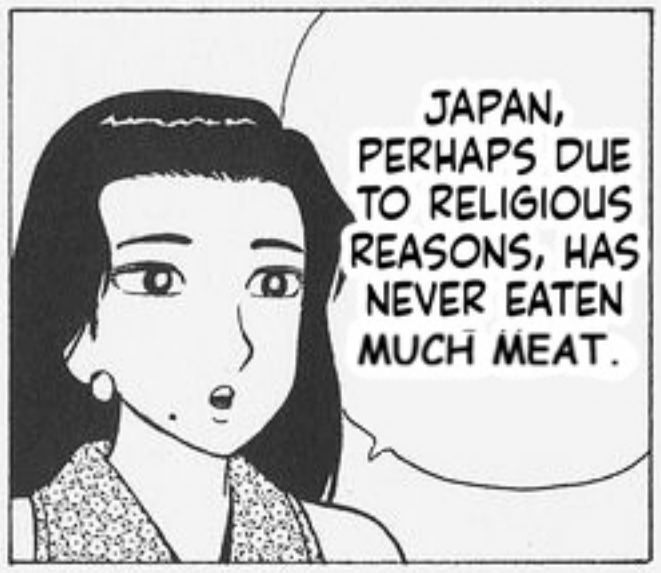
2

I SEE, SO THERE IS A LACK OF ANIMAL PROTEIN.

THERE IS NO OIL, NO MEAT, AND LITTLE THAT IS GOOD WHEN YOU GET A BIT AWAY FROM THE SEA OR LAKES.

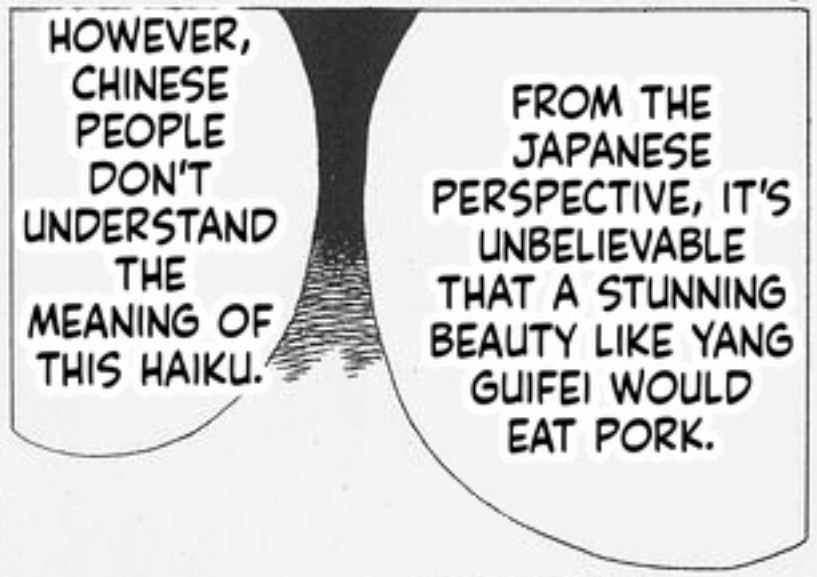
PROFESSOR NAKAO SAYS THAT IN JAPAN, WE HAVE ONE OF THE MOST DEFICIENT NUTRITIONAL CUISINES IN THE WORLD...


THERE'S ONE THAT SAYS, 'YANG GUIFEI EATS PORK WITH A BEAUTIFUL FACE.'
THIS IS A CLEAR EXAMPLE OF HOW MUCH JAPANESE PEOPLE DISLIKED BEAST MEAT, BUT IN OLD HAIKUS,

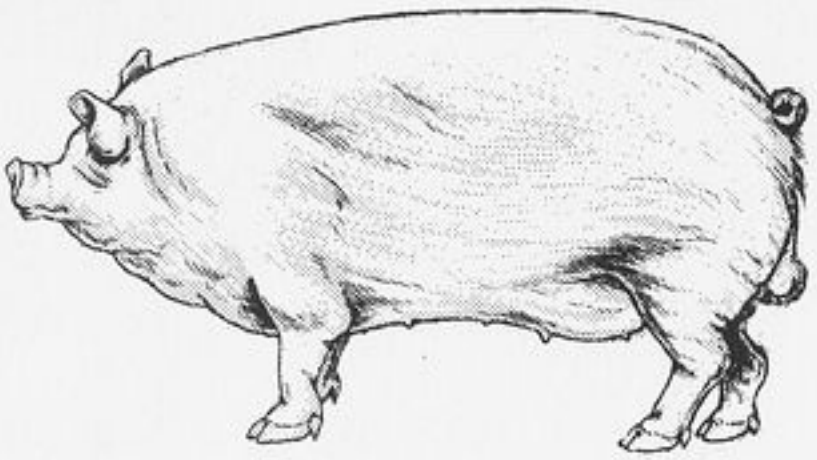

JAPAN, PERHAPS DUE TO RELIGIOUS REASONS, HAS NEVER EATEN MUCH MEAT.

3

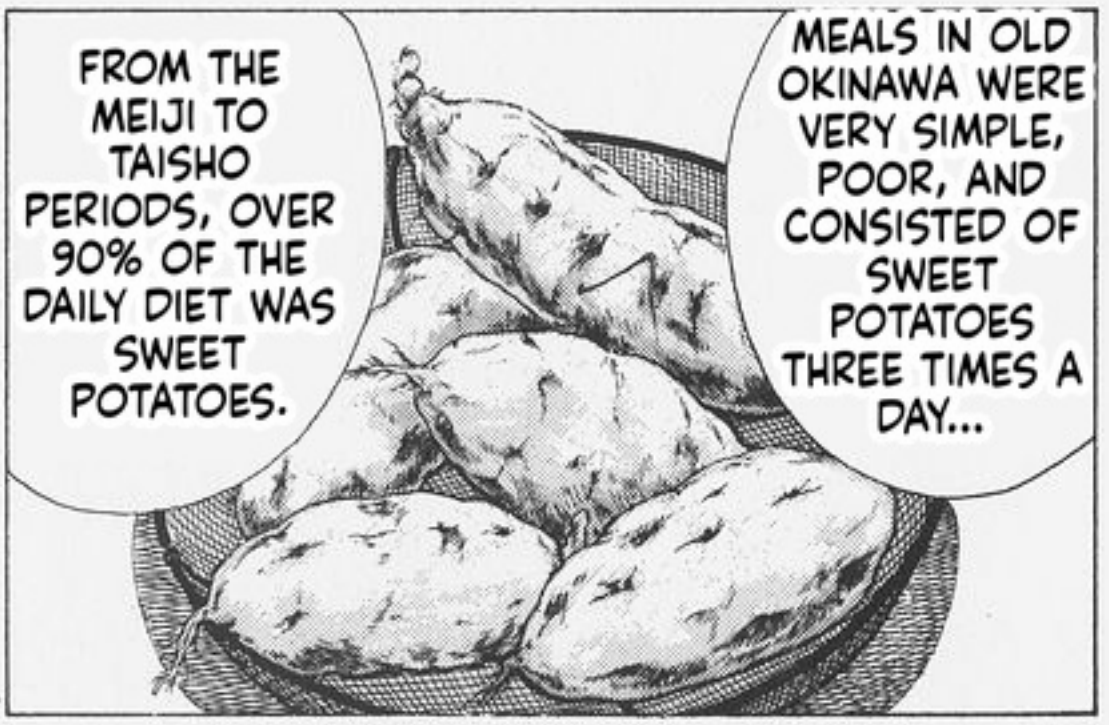
I CAN'T UNDERSTAND, PORK IS JUST A NORMAL FOOD FOR CHINESE PEOPLE.


HOWEVER, CHINESE PEOPLE DON'T UNDERSTAND THE MEANING OF THIS HAIKU.
FROM THE JAPANESE PERSPECTIVE, IT'S UNBELIEVABLE THAT A STUNNING BEAUTY LIKE YANG GUIFEI WOULD EAT PORK.

BUT THAT PORK IS VERY IMPORTANT IN OKINAWAN CUISINE.



WOW, SO MANY SWEET POTATOES...!


FROM THE MEIJI TO TAISHO PERIODS, OVER 90% OF THE DAILY DIET WAS SWEET POTATOES.
MEALS IN OLD OKINAWA WERE VERY SIMPLE, POOR, AND CONSISTED OF SWEET POTATOES THREE TIMES A DAY...

BUT ISN'T THE PROTEIN CONTENT LOWER COMPARED TO GRAINS?

SWEET POTATOES HAVE MUCH MORE VITAMINS AND MINERALS.

IT MAY NOT TASTE AS GOOD AS RICE, BUT WHEN COMPARING THE AMOUNTS EATEN TO OBTAIN THE SAME CALORIE INTAKE,

THEY ALSO HAVE A LOT OF FIBER THAT CLEANSES THE INTESTINES...

THIS IS WHERE PORK BECOMES IMPORTANT.

IN OKINAWA, PORK DISHES ARE ALMOST ALWAYS SERVED DURING NEW YEAR'S AND OTHER EVENTS LIKE FUNERALS.

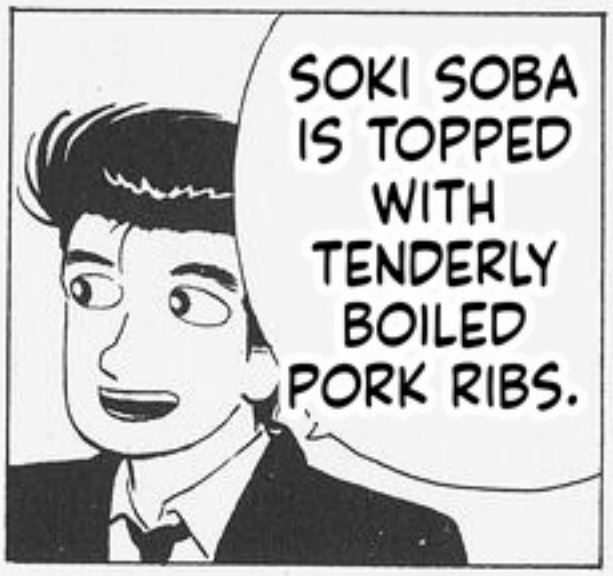
4

WHEN PEOPLE SHARE WITH EACH OTHER, WE WERE EATING PORK AT LEAST ONCE OR TWICE A MONTH.

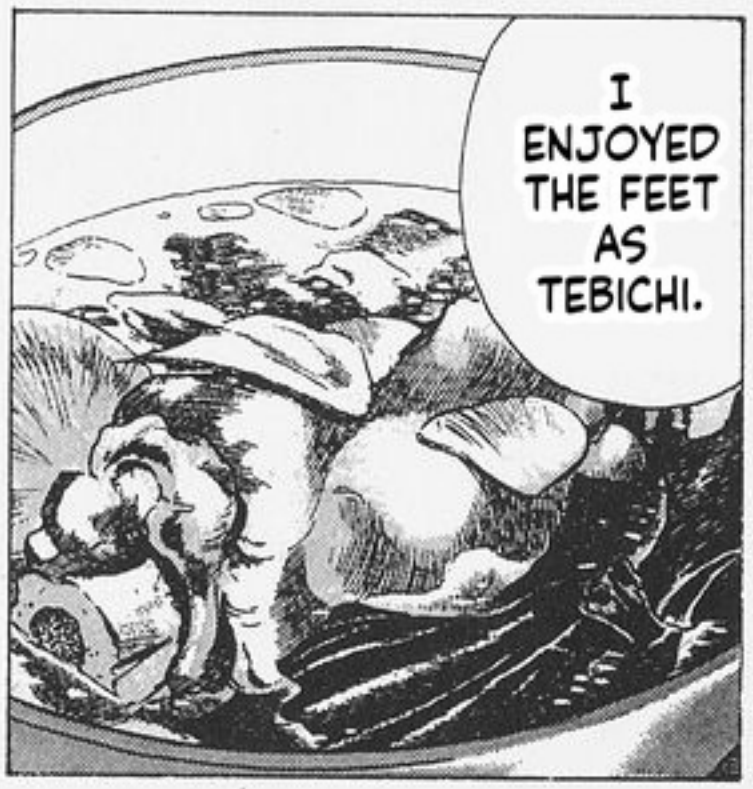
THAT AMOUNT CAN BE CONSIDERED SUFFICIENT FOR NUTRITIONAL INTAKE.

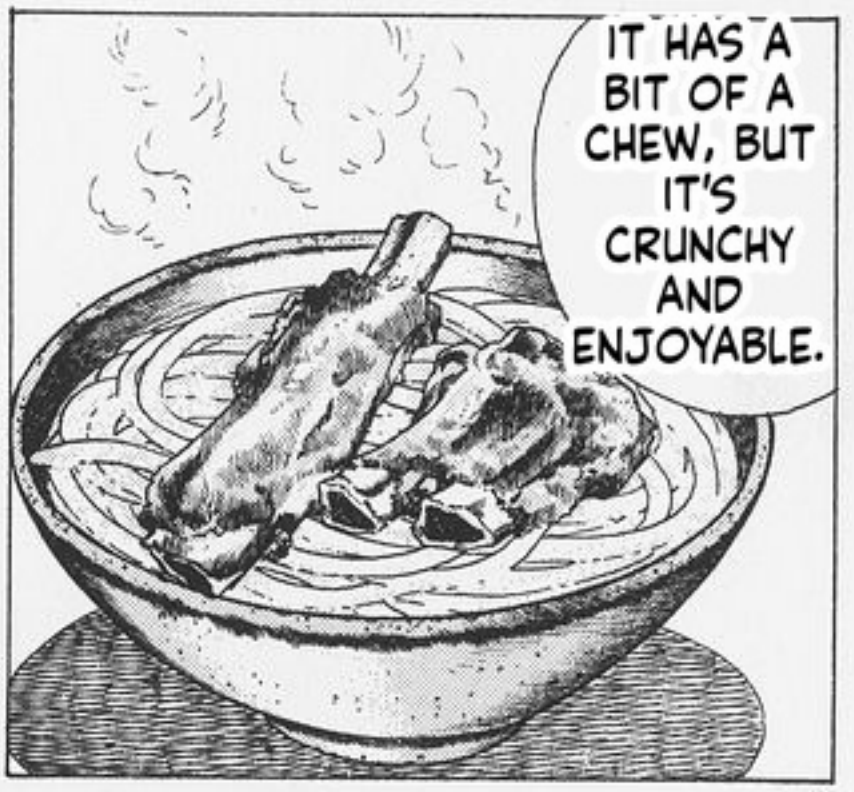
WHILE THIS MAY VARY BY HOUSEHOLD, IN OKINAWA, THE BONDS WITHIN COMMUNITIES AND FAMILIES ARE STRONG, SO WHEN ONE HOUSEHOLD SLAUGHTERS A PIG, THEY SHARE IT AROUND.

STILL, THOSE KINDS OF EVENTS DON'T HAPPEN VERY OFTEN, RIGHT?

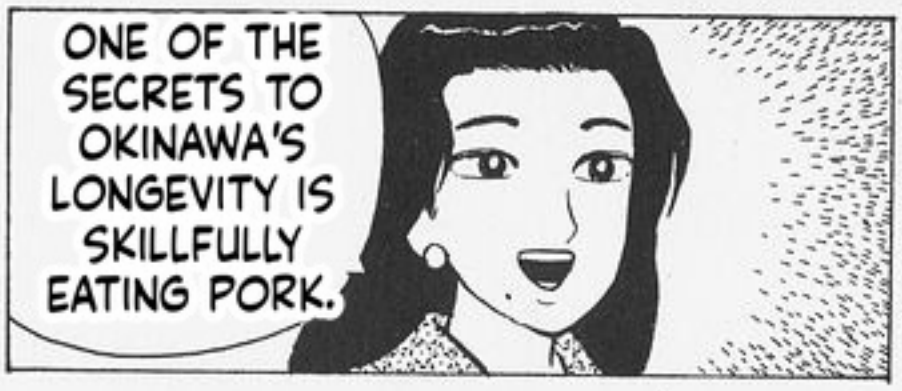

SOKI SOBA IS TOPPED WITH TENDERLY BOILED PORK RIBS.

RIBS TOO?
PORK IS EATEN IN VARIOUS FORMS, INCLUDING MEAT, HEART, LUNGS, LIVER, INTESTINES, BLOOD, RIBS, EARS, AND FEET.

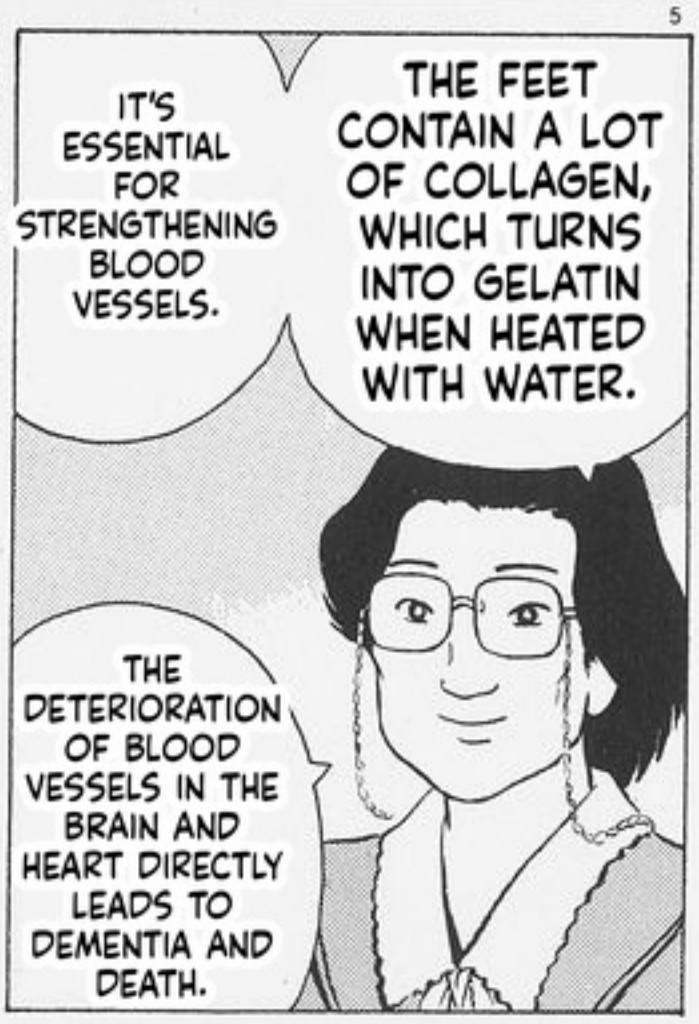

I ENJOYED THE FEET AS TEBICHI.


IT HAS A BIT OF A CHEW, BUT IT'S CRUNCHY AND ENJOYABLE.

5


ONE OF THE SECRETS TO OKINAWA'S LONGEVITY IS SKILLFULLY EATING PORK.

ADDITIONALLY, IN OKINAWA, THEY CONSUME A LOT OF SEAWEED.
PER CAPITA CONSUMPTION OF KELP IS THE HIGHEST IN OKINAWA.


THE FEET CONTAIN A LOT OF COLLAGEN, WHICH TURNS INTO GELATIN WHEN HEATED WITH WATER.
IT'S ESSENTIAL FOR STRENGTHENING BLOOD VESSELS.
THE DETERIORATION OF BLOOD VESSELS IN THE BRAIN AND HEART DIRECTLY LEADS TO DEMENTIA AND DEATH.

OKINAWAN MOZUKU IS THICKER AND CHEWIER THAN THE ONES FROM THE MAINLAND, AND IT'S DELICIOUS.

PLUS, WE EAT A LOT OF IT IN BOWLS.

WE EAT VARIOUS KINDS OF SEAWEED LIKE MOZUKU, AMANORI, TOSAKANORI, AONORI, AND OGONORI.

NOT ONLY KOMBU, BUT ALSO WAKAME AND HIJIKI, OF COURSE,

THAT'S AMAZING!

KOMBU CONTAINS A LOT OF CALCIUM, WHICH IS LACKING IN THE JAPANESE DIET, AND ITS ABSORPTION RATE IS A HIGH 79%.

6

WHEN YOU THINK OF FIBER, YOU IMAGINE SOMETHING FIBROUS, BUT...

WHEN YOU CHEW ON KOMBU, IT GETS ALL SLIPPERY IN YOUR MOUTH, RIGHT? THAT SLIMINESS IS THE DIETARY FIBER.

AMINO ACIDS, AND FATTY ACIDS LIKE EPA AND DHA THAT HELP FLUSH OUT HARMFUL CHOLESTEROL.

SEAWEEDS LIKE KOMBU ARE NOT JUST RICH IN CALCIUM, BUT ALSO CONTAIN MINERALS LIKE IODINE AND POTASSIUM, CAROTENE, VITAMINS B1 AND B2, ESSENTIAL

DIETARY FIBER LOWERS CHOLESTEROL AND IS EFFECTIVE IN PREVENTING CANCER AND LIFESTYLE DISEASES.

KONJAC IS THE SAME. IT DOESN'T LOOK FIBROUS AT FIRST GLANCE, BUT IT'S A MASS OF DIETARY FIBER.

EDIBLE AND BENEFICIAL DIETARY FIBER GENERALLY REFERS TO VISCOUS POLYSACCHARIDES. VEGETABLE FIBERS ARE ONE OF THOSE.

I'M IMPRESSED. SEAWEED TRULY IS A LONGEVITY FOOD.

BITTER GREENS AND BITTER MELONS, AS WELL AS OKINAWA'S UNIQUE WILD PLANTS AND HERBS, ARE COMMONLY EATEN IN OKINAWA.

AND NOT ONLY SEAWEED, BUT YOU MUST HAVE ALSO ENJOYED SHINJ CUISINE,

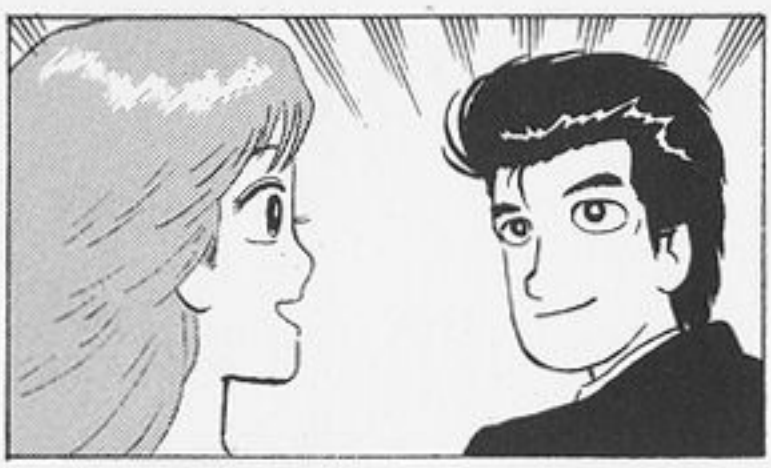
TOFU SOLD IN MAINLAND SUPERMARKETS SEEMS LIKE NOTHING BUT GARBAGE COMPARED TO THIS RICH AND DELICIOUS TOFU.

IN OKINAWA, THERE ARE SMALL TOFU SHOPS THAT MAKE AUTHENTIC TOFU JUST LIKE IN THE OLD DAYS, SCATTERED HERE AND THERE.

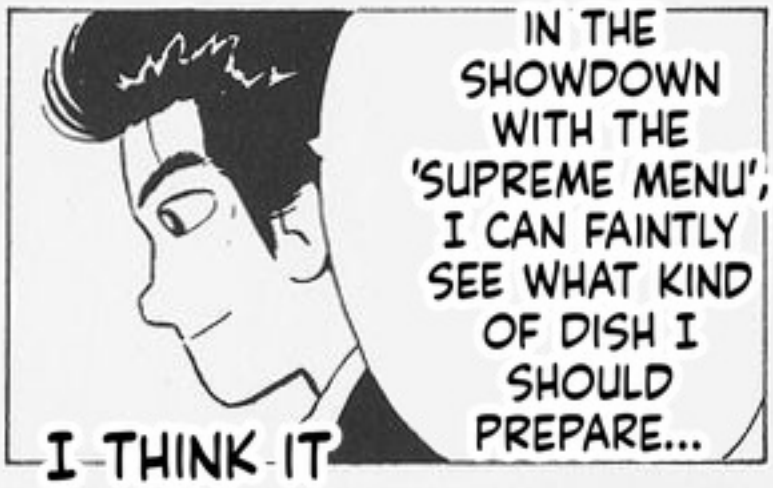
PORK (LEGS AND INTERNAL ORGANS), SECOND, WILD PLANTS AND HERBS, THIRD, SEAWEED, FOURTH, TOFU,

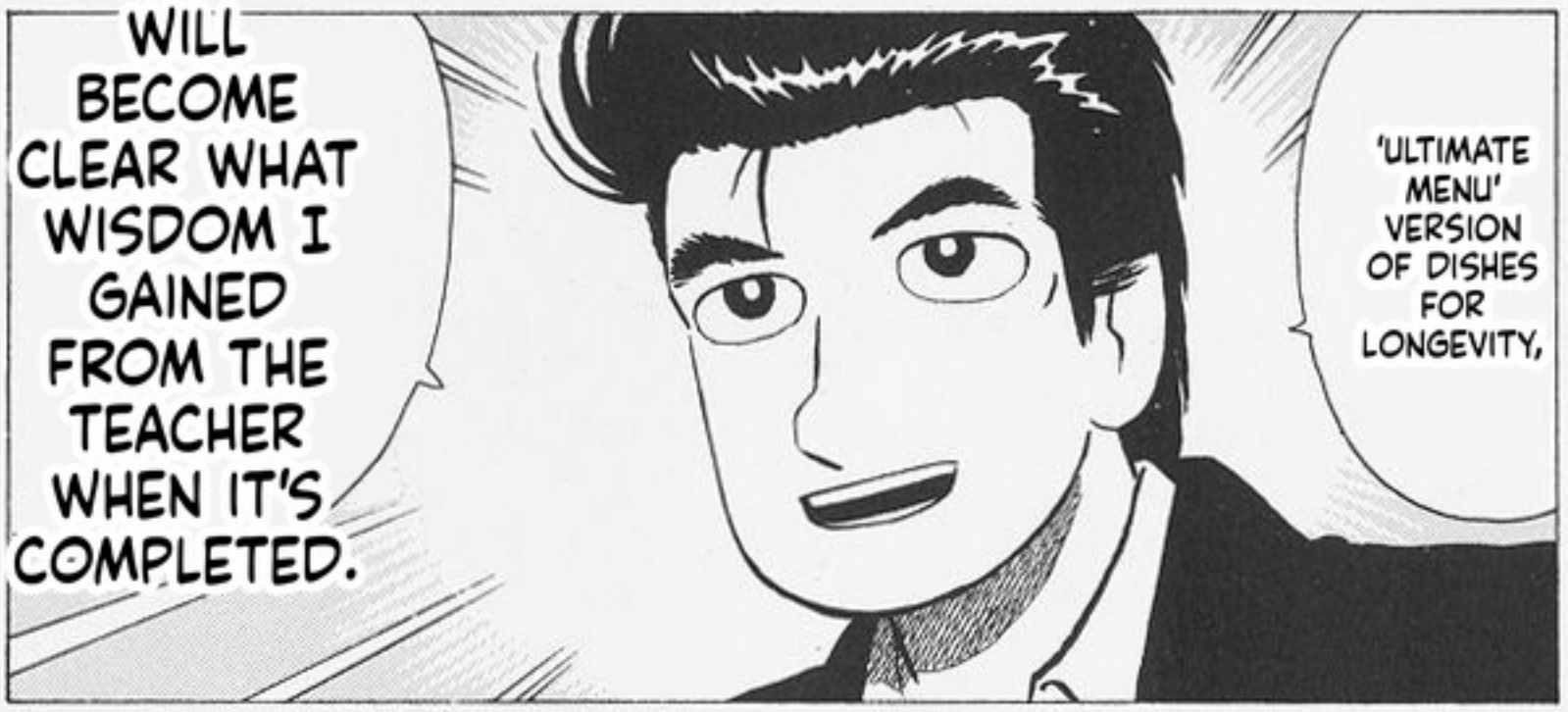
I PERCEIVE OKINAWA'S UNIQUE CUISINE THIS WAY: FIRST,

IN THE PAST, SWEET POTATOES WERE ALSO INCLUDED IN THIS.

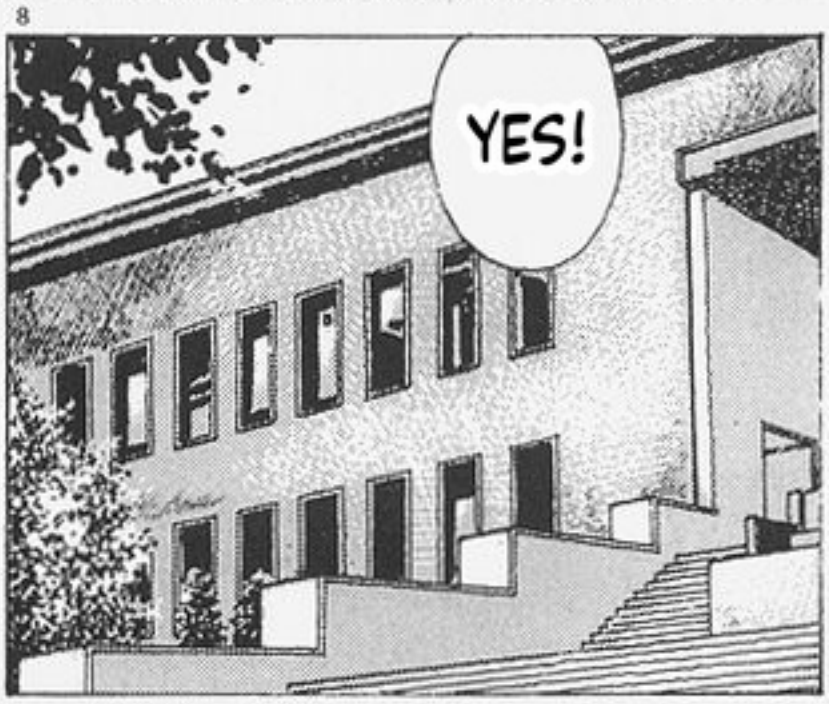


WHAT IS THE WISDOM TO DEFEAT KAIBARA YUZAN?
WELL, DO YOU UNDERSTAND?


IN THE SHOWDOWN WITH THE 'SUPREME MENU', I CAN FAINTLY SEE WHAT KIND OF DISH I SHOULD PREPARE...
I THINK IT


WILL BECOME CLEAR WHAT WISDOM I GAINED FROM THE TEACHER WHEN IT'S COMPLETED.
'ULTIMATE MENU' VERSION OF DISHES FOR LONGEVITY,

8

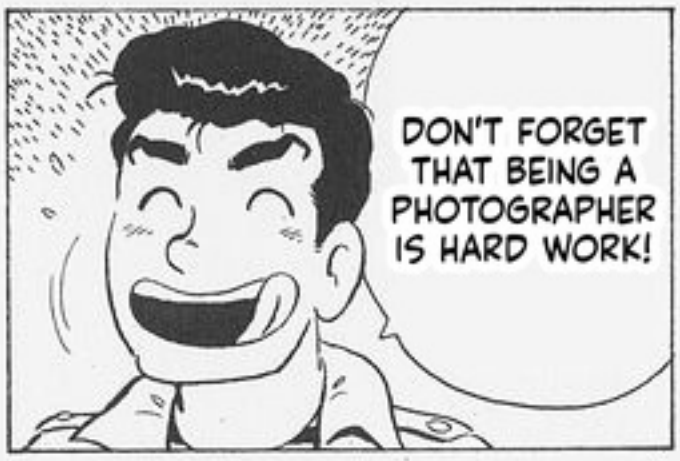

YES!

I'M LOOKING FORWARD TO IT. PLEASE DO YOUR BEST.

AH, LISTENING TO THAT STORY IS MAKING ME MORE AND MORE HUNGRY...

KURITA-SAN, AREN'T YOU HUNGRY?
I CAN'T BELIEVE IT'S BEEN SUCH A SHORT TIME SINCE I ATE SHINJI'S COOKING.

GOYA CHAMPURU.


DON'T FORGET THAT BEING A PHOTOGRAPHER IS HARD WORK!

9

HERE IT COMES!

ADD THINLY SLICED BITTER MELON THAT HAS BEEN SEEDED AND STIR-FRY IT.

BITTER MELON CHAMPURU STARTS WITH FRYING THE TOFU UNTIL IT'S NICELY GOLDEN.

CHAMPURU REFERS TO A DISH MADE BY STIR-FRYING TOFU AND VEGETABLES IN OIL.

OFTEN, IT'S FINISHED WITH A BEATEN EGG, BUT SOME SAY IT'S BETTER NOT TO INCLUDE EGG.

ONCE YOU FINISH ONE BITE AND THE BITTERNESS FADES, YOU IMMEDIATELY WANT TO EAT MORE.

IT SOMEHOW LEAVES YOU WANTING MORE.

10

YES, THIS IS BITTER MELON JUICE.

THE BITTERNESS OF THE BITTER MELON HARMONIZES WELL WITH THE SWEETNESS OF THE TOFU AND OIL!

WHOA! IT'S BITTER!

うぇ

I BLENDED SOME BITTER MELON.

STRENGTHENING THE STOMACH IS THE BEST THING EVER.

LOOKS LIKE IT'S GOOD FOR THE STOMACH!

NEXT, IT'S WHITE SQUID INK SOUP.

IT SHOULD BE GOOD FOR A HANGOVER.

I'VE TRIED VARIOUS VEGETABLE JUICES, BUT THIS FEELS LIKE THE FINAL TOUCH.

11

WHEN THE SQUID MEAT BECOMES TENDER, SEASON IT AND ADD THE SQUID INK AT THE FINISH.

SLOWLY SIMMER THE WHITE SQUID MEAT WITH PORK FAT AND BITTER GREENS.

THIS GOES BEST WITH RICE.

MAKING SQUID INK IS FOUND IN BOTH ITALIAN AND JAPANESE CUISINE, BUT...

THIS IS STRANGE BECAUSE EVEN A BOWL CAN SLIP RIGHT IN.

THE SQUID INK REALLY ENHANCES THE OVERALL FLAVOR.

THAT'S WHAT MAKES IT ENJOYABLE AFTER EXPERIENCING THE CHEWY TEXTURE OF THE SQUID.

IT'S BEEN SIMMERED FOR A LONG TIME, SO IT'S FLUFFY AND CRISPY...

HUH, WHERE TO?

IT'S ISHIGAKI ISLAND.

I WANT TO TASTE MORE SEAFOOD.

INDEED, IT'S TRULY A DELICACY FROM THE SEA.

WELL, LET'S GO, IT'S TIME.

ガタ

EEK! THAT'S SO CRUEL!!

THE SPIRIT OF THE CORAL IS WAITING.

LET'S GO.

NO! WE'LL MISS THE FLIGHT, NEXT TIME.

J-JUST A MINUTE, I STILL WANT TO EAT SOME RAFTI AND FARCIBA JUICY.

ゴーッ

13

IT'S SUCH A SHAME THAT IT'S RAINING IN ISHIGAKI ISLAND...

IT'LL CLEAR UP EVENTUALLY.

DON'T WORRY ABOUT IT.

I'M SO UNLUCKY, IT'S POURING.

WHEN YOU THINK OF CORAL REEFS, YOU EXPECT WHITE SANDY BEACHES AND VIBRANT EMERALD WATERS...

OH, ISHIGAKI ISLAND IS FAMOUS FOR ITS BEAUTIFUL CORAL REEFS, RIGHT?

BUT LOOK!

OH, I CAN SEE IT NOW, IT'S ISHIGAKI ISLAND.

THE SEA WATER IS RED SOIL COLORED!

IT'S BRIGHT RED FROM THE RED SOIL!

LOOK AT THE COLOR OF THE RIVER!

14

SINCE THEY CAN GET MONEY FROM THE GOVERNMENT BY FARMING, THE FARMERS ARE DILIGENTLY EXPANDING THEIR FIELDS.

THE GOVERNMENT IS PROVIDING SUBSIDIES FOR THE CULTIVATION OF SUGARCANE AND PINEAPPLES AS PART OF ITS AGRICULTURAL PROMOTION POLICIES FOR ISHIGAKI ISLAND.

IT'S BECAUSE OF THE SUGARCANE AND PINEAPPLES.

IT SHOULD BE MUCH CHEAPER TO IMPORT THAN TO PRODUCE DOMESTICALLY.

THAT'S RIDICULOUS! RIGHT NOW, SUGAR IS IN OVERPRODUCTION WORLDWIDE AND IS A TYPICAL RECESSION INDUSTRY.

THAT'S WHAT ENDS UP POLLUTING THE SEA.

BECAUSE THEY DIDN'T PROPERLY PREVENT SOIL EROSION AND BUILT CONCRETE DRAINAGE CHANNELS, WHEN IT RAINS, THE SOIL FLOWS INTO THE DITCHES AND THEN INTO THE RIVER.

IF YOU'RE GOING TO PRODUCE, WHY NOT DO IT PROPERLY SO THAT THE RED SOIL DOESN'T WASH AWAY?

MOREOVER, IT'S NOT WORTH IT IF IT MEANS POLLUTING THE SEA.

I'M SKEPTICAL WHETHER WE CAN PRODUCE PINEAPPLES THAT CAN COMPETE IN QUALITY WITH FOREIGN IMPORTS...

15

IT'S NOT JUST THAT IT LOOKS UNAPPEALING. IF ALL THAT RED SOIL FLOWS INTO THE SEA, THE CORAL REEFS WILL DIE.

IF IT CAN BE DONE IN HAWAII, WHY CAN'T IT BE DONE IN ISHIGAKI ISLAND?

HOWEVER, I'VE NEVER HEARD OF THE HAWAIIAN SEA TURNING RED EVERY TIME IT RAINS.

PINEAPPLE PRODUCTION IS ACTIVE ON OAHU IN HAWAII TOO. THE SOIL IS THE SAME BRIGHT RED.

I HAVE A FEELING SOMETHING EVEN MORE TERRIFYING IS LURKING...

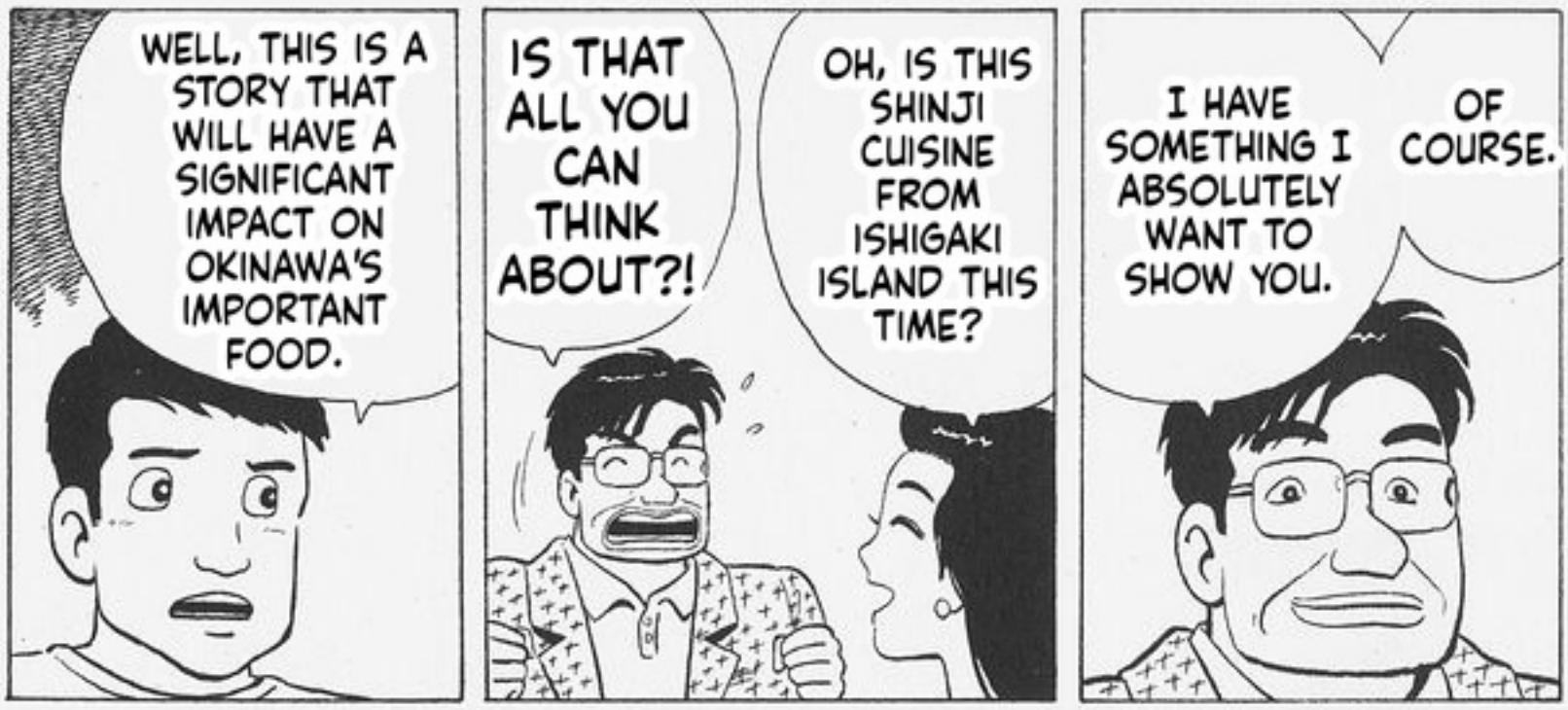
NO...

WAS_THIS WHAT THE SPIRIT OF THE CORAL WAS TRYING TO TELL ME?

HEY, WELCOME.

OH, LOOK! IT'S MISAKI!

THANK YOU FOR TAKING CARE OF US!


WELL, THIS IS A STORY THAT WILL HAVE A SIGNIFICANT IMPACT ON OKINAWA'S IMPORTANT FOOD.
IS THAT ALL YOU CAN THINK ABOUT?!
OH, IS THIS SHINJI CUISINE FROM ISHIGAKI ISLAND THIS TIME?
I HAVE SOMETHING I ABSOLUTELY WANT TO SHOW YOU.
OF COURSE.
I CAN GET A GREAT PHOTO WITH THIS.
AH, THE GRATEFUL RAIN HAS STOPPED!
COME ON, SEEING IS BELIEVING; IT'S MUCH QUICKER TO ACTUALLY SEE IT.
WHAT IS THAT?

COASTAL CONSERVATION.

IT'S SO WONDERFUL THAT IT'S BEEN PRAISED AS BETTER THAN AUSTRALIA'S GREAT BARRIER REEF.

THIS CORAL REEF IN SHIRAHO IS RECOGNIZED BY AUSTRALIAN EXPERTS,

WOW, IT'S BEAUTIFUL!

BETTER THAN THE GREAT BARRIER REEF, CAN YOU BELIEVE IT!

BLUE CORALS, BRANCHING GREEN CORALS, COMMON CORALS, AND WHITE CORALS FORM LARGE COLONIES.

18

HEY, AREN'T YOU GOING TO DIVE?

THAT'S WHY A SEA PERSON LIKE ME CAN MAKE A LIVING THANKS TO THE SEA OF SHIRAHO.

THERE ARE PLENTY OF FISH AND SEAWEED COHABITING WITH THE CORALS, AND THE SEA OF SHIRAHO IS SAID TO BE A RICH SEA TEEMING WITH FISH.

HELLO.
THIS IS MY FRIEND SAKAMORI, A FELLOW DIVER.
OH, I'LL GET READY RIGHT AWAY, SO PLEASE WAIT.
ピロ ピロ
THERE'S A MOVEMENT TO BUILD A NEW AIRPORT ON ISHIGAKI ISLAND, AND FOR A LONG TIME, THE PROPONENTS AND OPPONENTS HAVE BEEN AT ODDS...
OH, NOW THAT YOU MENTION IT, I REMEMBER HEARING SOMETHING ABOUT IT.
AIRPORT?
SEEMS YOU'RE NOT PART OF THAT.
TODAY, THE AIRPORT CONSTRUCTION PROPONENTS WERE SUPPOSED TO BRING SOME BIG SHOTS FROM TOKYO, BUT IT
19
THEY SAY THE CURRENT AIRPORT IS INADEQUATE FOR THAT.
THEY WANT TO SEND TOURISTS DIRECTLY FROM TOKYO AND OSAKA ON LARGE JETS.
RIGHT NOW, THERE'S A GROWING MOVEMENT TO TURN THE ENTIRE ISHIGAKI ISLAND INTO A RESORT AREA WITH CAPITAL COMING IN FROM THE MAINLAND.

WHAT?!

THEY WANT TO BUILD IT HERE.

THIS IS IT.

SO, WHERE ARE THEY PLANNING TO BUILD THIS AIRPORT?

THEY'RE PLANNING TO FILL IN THIS SHIRAHO SEA AND BUILD AN AIRPORT ON TOP OF IT.

TO BURY A CORAL REEF THAT'S MORE WONDERFUL THAN THE GREAT BARRIER REEF!

THAT'S RIDICULOUS...

20

EVEN IF IT'S JUST A PART BEING FILLED, IT'S CLEAR THAT THE SEDIMENT WILL SPREAD FAR WORSE THAN IT DOES NOW.

THIS IS NO JOKE! EVEN NOW, YOU'RE JUST LETTING THE RED SOIL FLOW INTO THE SEA WITHOUT DOING ANYTHING, RIGHT?

LANDFILL, SO IT WON'T IMPACT THE WHOLE THING...

THE OFFICIALS SAY THAT ONLY A SMALL PART OF THE REEF WILL BE AFFECTED BY THE

THE CORAL SPIRIT'S PLEA WAS ABOUT THIS...

JUST IMAGINING IT IS UNBEARABLE...

IF WE BURY THE WATERS OF SHIRAHO, WHAT KIND OF SCENE WILL WE WITNESS?

!

THAT'S RIGHT. THE BIG SHOT BROUGHT IN FROM TOKYO BY THE AIRPORT CONSTRUCTION PROPONENTS IS...

BUT WHAT CAN I DO ABOUT IT...?

RARE AND PRECIOUS CORALS, UNIQUE IN THE WORLD, ARE NOW ON THE BRINK OF DESTRUCTION AT THE HANDS OF GREEDY, FOOLISH HUMANS...

21

ISN'T KAIBARA-SENSEI HELPING WITH THE AIRPORT CONSTRUCTION?

KAIBARA YUZAN!!!

BUT...

I DIDN'T REALIZE KAIBARA YUZAN WAS SUCH A LOWLY PERSON!

THOSE WITH MONEY, THOSE WITH POWER, THEY GET TOGETHER AND NAVIGATE LIFE SHREWDLY.

THAT SOUNDS JUST LIKE HIM!

22

LANDING RIGHT WHILE ENJOYING THE BEAUTIFUL COASTLINE.

THIS WILL BE THE PERFECT AIRPORT FOR A RESORT AREA.

LOOK AT THAT BIG, MUSCULAR GUY...

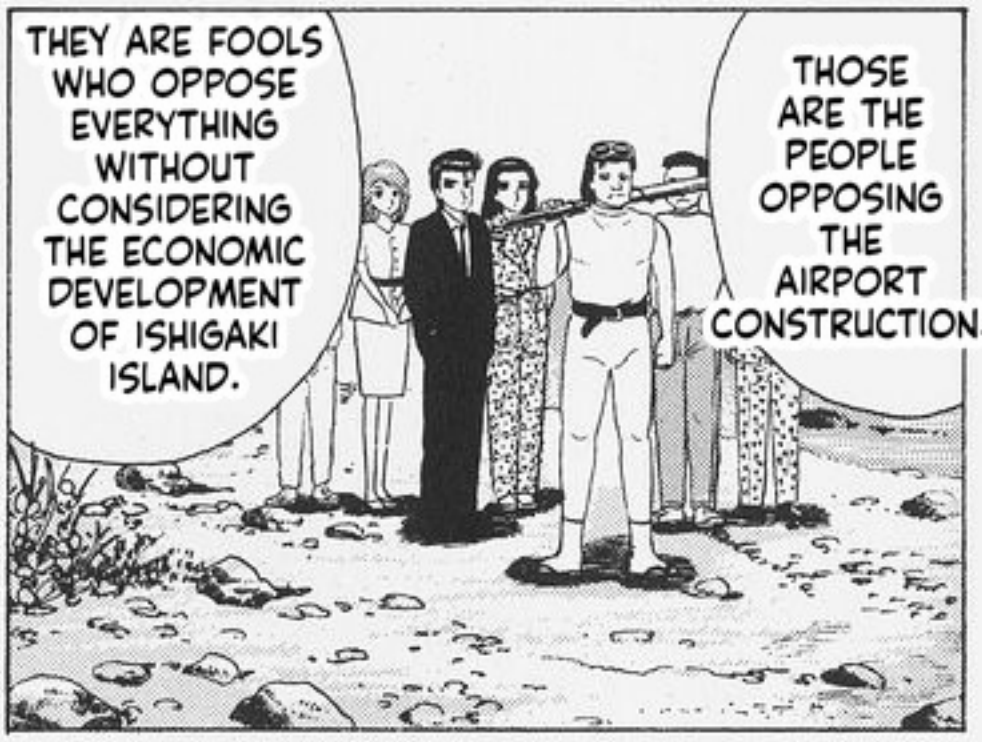
HE'S FAMOUS, YOU KNOW.

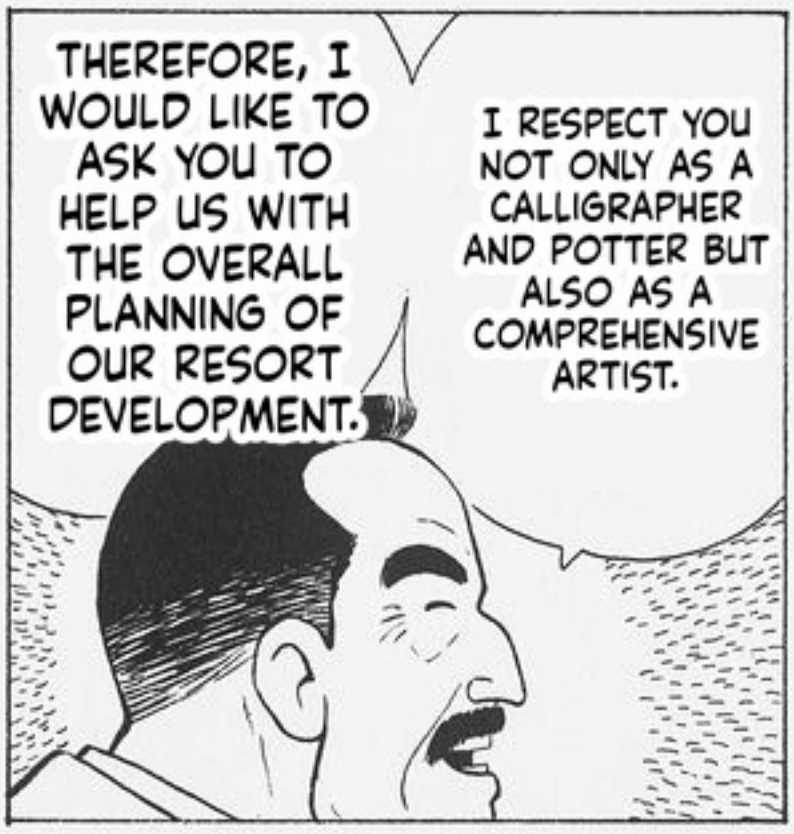
THAT IS TSUTSUKANE, THE CHAIRMAN OF THE TSUTSUKANE GROUP, WHICH IS DEVELOPING RESORT AREAS ALL OVER JAPAN.

IT'S SHIRO!

THEREFORE, I WOULD LIKE TO ASK FOR YOUR ASSISTANCE AS WELL, MR. KAIBARA.
WE ALSO PLAN TO INVEST HEAVILY IN THE ISHIGAKI ISLAND RESORT DEVELOPMENT, STARTING WITH A LARGE HOTEL.

HMM...
PLEASE, FEEL FREE TO IGNORE ME AND ACT LIKE YOU DON'T KNOW.


THEY ARE FOOLS WHO OPPOSE EVERYTHING WITHOUT CONSIDERING THE ECONOMIC DEVELOPMENT OF ISHIGAKI ISLAND.
THOSE ARE THE PEOPLE OPPOSING THE AIRPORT CONSTRUCTION.


THEREFORE, I WOULD LIKE TO ASK YOU TO HELP US WITH THE OVERALL PLANNING OF OUR RESORT DEVELOPMENT.
I RESPECT YOU NOT ONLY AS A CALLIGRAPHER AND POTTER BUT ALSO AS A COMPREHENSIVE ARTIST.

23

ARE YOU TELLING ME TO HELP WITH THE ISHIGAKI ISLAND RESORT DEVELOPMENT?
CHAIRMAN TSUTSUKANE.

ACTUALLY, I MUST CREATE A DISH FOR LONGEVITY AS ONE OF THE 'SUPREME MENUS'...

RIGHT HERE?

WELL THEN, LET ME RESPOND RIGHT HERE AND NOW.

I JUST HAD AN IDEA FOR THAT LONGEVITY DISH.

NOW, HAVING HEARD CHAIRMAN TSUTSUKANE'S OFFER,

24

*REFERENCE FOR ILLUSTRATION: 'CORAL SEA', PHOTO BY TOMOAKI KOMIKAWA, TEXT BY SHIGEKAZU MEZAKI (KOUBUNKEN)

WHAT!

I WOULD LIKE TO MAKE THAT DISH THE PRIDE OF THE NEW HOTEL'S MENU!

おう

第2話

長寿料理対決!!

〈5〉

BUT BEFORE THAT, I'D LIKE TO ASK YOU SOMETHING.

MR. TSUTSUGANE, I'M THINKING OF CREATING A CUISINE FOR LONGEVITY...

.....?

WHY IS IT THAT HUMANS WISH TO LIVE SO LONG?

2

OR PERHAPS THEY ARE PEOPLE FALLEN INTO SUCH DEEP DESPAIR THAT THEY BELIEVE DEATH WOULD BE EASIER THAN LIVING...

PEOPLE WHO COMMIT SUICIDE MUST BE FOOLS.

HMM.

IS IT TO EXPERIENCE EVEN MORE OF THIS WORLD'S PLEASURES...?

OR IS IT TO COMPLETE THE WORK THEY'VE ALREADY STARTED...?

I SEE... BY THE WAY, THERE SEEM TO BE MORE THAN A FEW PEOPLE IN THIS WORLD WHO COMMIT SUICIDE, RIGHT...?

I WONDER IF SUICIDE OR WHATEVER HAS ANYTHING TO DO WITH THAT?

KAIBARA YUZAN SAID A PLAN FOR LONGEVITY-BASED COOKING FLASHED INTO HIS MIND BECAUSE OF THE ISHIGAKI ISLAND RESORT DEVELOPMENT PROJECT...

BUT WOULD A PERSON WHO WANTS TO COMMIT SUICIDE ALSO WANT TO EAT FOOD FOR LONGEVITY AT THE SAME TIME?

?

?

THAT'S OBVIOUS.

DO YOU WISH FOR YOUR OWN COMPANY TO HAVE A LONG LIFE?

MR. TSUTSUGANE,

WELL, IT'S CERTAINLY IMPOSSIBLE TO WISH FOR BOTH SUICIDE AND LONGEVITY AT ONCE.

I THINK SO, TOO.

3

OF COURSE.

SO, ARE YOU PLANNING TO DEVELOP ISHIGAKI ISLAND INTO A RESORT?

BLANK STARE

WAH-HA-HA-HA, HOW PATHETIC!

WAH-HA-HA-HA, NOW THIS IS FUNNY!

WHAT ON EARTH IS GOING ON...?

I LAUGHED BECAUSE YOU ARE JUST SO PATHETIC.

BECAUSE YOU ARE A FOOL WHO WISHES FOR BOTH SUICIDE AND A LONG LIFE.

PROFESSOR KAIBARA, WHY ARE YOU LAUGHING?

ギロ-!

4

HMPH... TO THINK HUMANS BECOME SO FOOLISH WHEN BLINDED BY THE DESIRES RIGHT IN FRONT OF THEM...

WH-WHAT?!

W-WHY YOU, SUCH REPEATED INSOLENCE!

IF YOU CANNOT UNDERSTAND WITHOUT AN EXPLANATION, YOU ARE MORE IGNORANT THAN I THOUGHT...

JUST WHAT IS THE REASON FOR THIS?!

EXPLAIN TO ME WHY I AM A FOOL WHO WISHES FOR BOTH SUICIDE AND A LONG LIFE!

MR. KAIBARA! WHAT OUTRAGEOUS LANGUAGE!

ARE YOU IN FAVOR OF RECLAIMING THIS SEA OF SHIRAHO TO BUILD AN AIRPORT?

I CAN'T AGREE TO THAT.

SHIRO!

EH! ME?!

THIS MAN WILL EXPLAIN THE REASON WHY YOU ARE A FOOL.

CHAIRMAN TSUTSUGANE, THIS MAN IS SHIRO YAMAOKA, A REPORTER FOR THE TOZAI NEWS.

I HAVE FOUND THE INSPIRATION FOR MY LONGEVITY DISH...

SHIRO, BY LEARNING THE DETAILS OF THE ISHIGAKI RESORT PLAN—SPECIFICALLY THE PLAN TO RECLAIM THE SEA AT SHIRAHO TO BUILD AN AIRPORT—

WHAT DOES THAT HAVE TO DO WITH THE LONGEVITY COOKING CHALLENGE...?

GO AHEAD AND EXPLAIN THE FOOLISHNESS OF CHAIRMAN TSUTSUGANE.

IF YOU WISH TO CLOSE THE GAP BETWEEN US EVEN SLIGHTLY IN THE NEXT SUPREME MENU VERSUS ULTIMATE MENU BATTLE,

BUT, WHY...?

6

YOU WOULD DARE TO REFUSE ME?!

I SHALL REFUSE TO COOPERATE IN ANY WAY WITH YOUR COMPANY'S ISHIGAKI ISLAND RESORT DEVELOPMENT PROJECT.

I CANNOT ASSOCIATE WITH A FOOL WHO WISHES FOR BOTH SUICIDE AND A LONG LIFE SIMULTANEOUSLY,

WH-WHAT, YOU'RE REFUSING!?

THIS IS THE END FOR YOU, KAIBARA YUZAN!!

YOU HAVE NO IDEA WHO YOU'RE DEALING WITH, MAKING AN ENEMY OF A MAN WHO MOVES THE GIANTS OF POLITICS AND FINANCE!

I PURSUE NOTHING BUT THE ABSOLUTE PERFECTION OF MY ART!

I, KAIBARA YUZAN, FEAR ABSOLUTELY NOTHING UNDER THE HEAVENS!

GIANTS OF POLITICS AND FINANCE? YOU'VE EXPOSED YOUR OWN VULGAR SOUL.

A MAN LIKE YOU, A PARASITIC GLUTTON WHO FATTENS HIMSELF BY DEVOURING OUR NATION FOR 'RESORT DEVELOPMENT'... SHOW ME WHAT YOU THINK YOU CAN DO!

GOOD.

THEN EXPLAIN TO THIS FOOL EXACTLY WHY HE IS A FOOL.

B-BUT...

WAH HAH HAH HAH HAH!

IT WOULD MEAN YOU ARE JUST AS FOOLISH AS HE IS.

IF YOU CANNOT, THEN DON'T EVEN DREAM OF CATCHING UP TO ME.

8

JUST WATCH, I'M GOING TO CRUSH THAT MAN...!

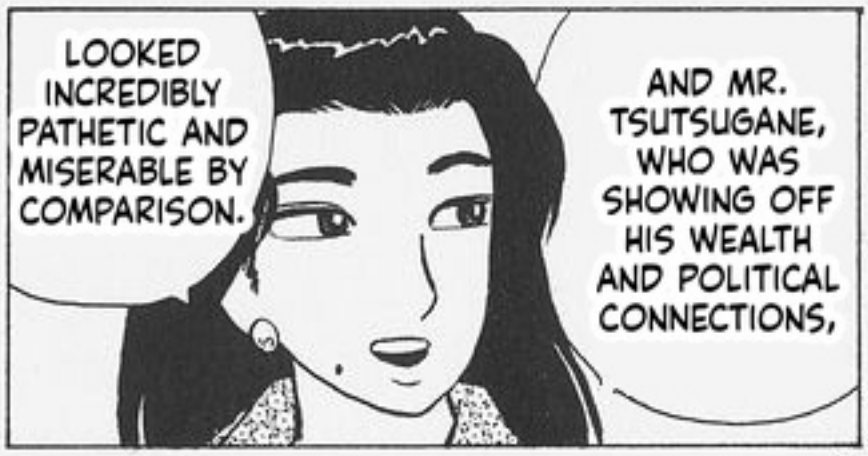
D-DAMN YOU... YOU LET THAT FLATTERY GO TO YOUR HEAD, AND NOW YOU CAN'T KEEP YOUR MOUTH SHUT...

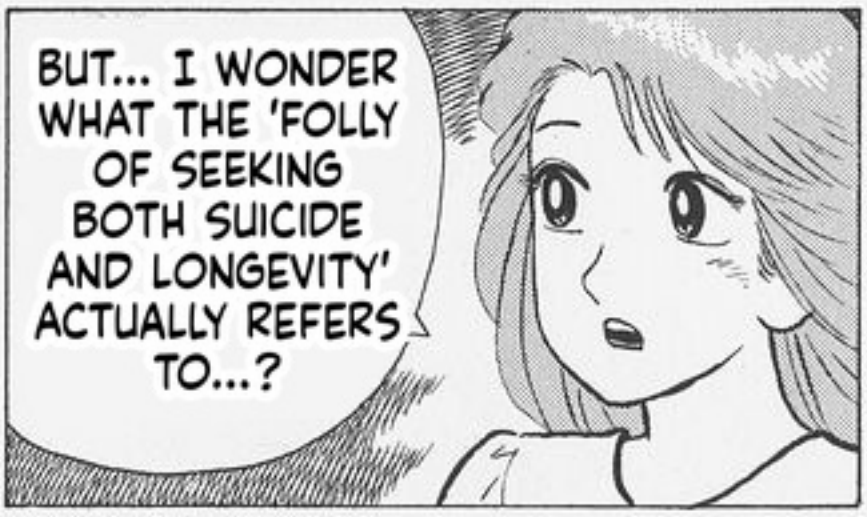
EXPLAIN TO ME WHAT HE MEANT BY WISHING FOR BOTH SUICIDE AND A LONG LIFE! I'M WAITING!!
HEY, YAMAOKA, WASN'T IT? I DON'T KNOW WHAT YOUR RELATIONSHIP WITH YUZAN KAIBARA IS,

THAT TRULY WAS WHAT THEY MEAN BY THE ROAR OF A LION.

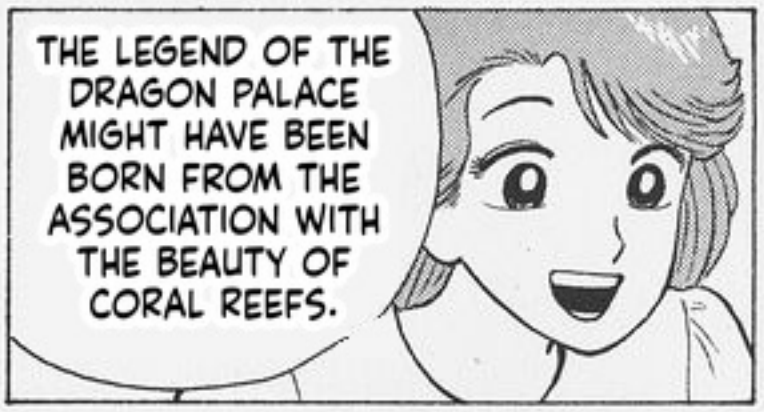
I'D HEARD THE RUMORS, BUT YUZAN KAIBARA IS QUITE A REMARKABLE FIGURE.

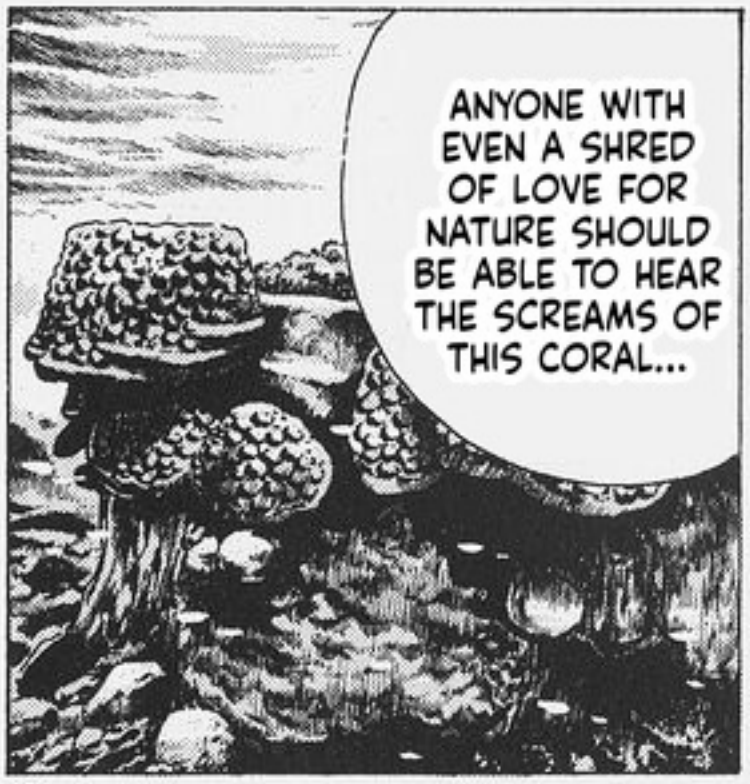
.....


LOOKED INCREDIBLY PATHETIC AND MISERABLE BY COMPARISON.
AND MR. TSUTSUGANE, WHO WAS SHOWING OFF HIS WEALTH AND POLITICAL CONNECTIONS,


BUT... I WONDER WHAT THE 'FOLLY OF SEEKING BOTH SUICIDE AND LONGEVITY' ACTUALLY REFERS TO...?

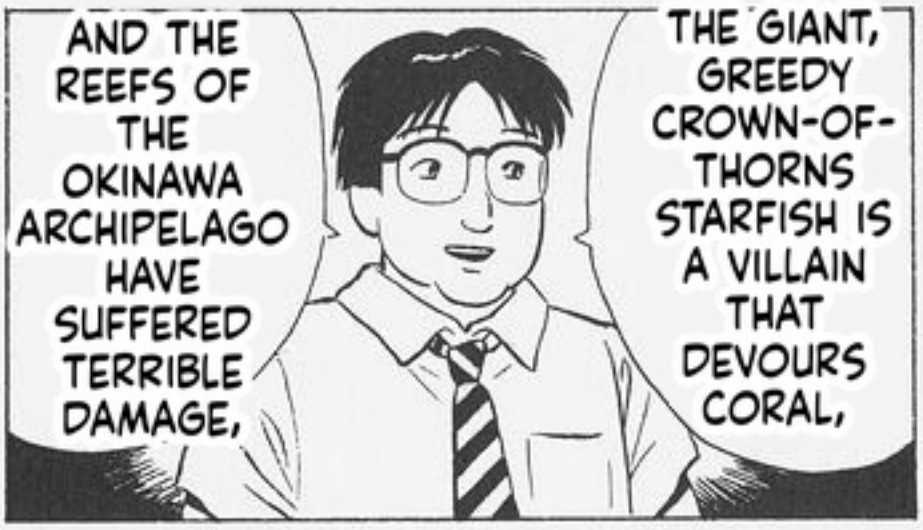
WOW! THE COLORS AND SHAPES ARE SO DIVERSE AND PROFESSIONAL!


THE LEGEND OF THE DRAGON PALACE MIGHT HAVE BEEN BORN FROM THE ASSOCIATION WITH THE BEAUTY OF CORAL REEFS.

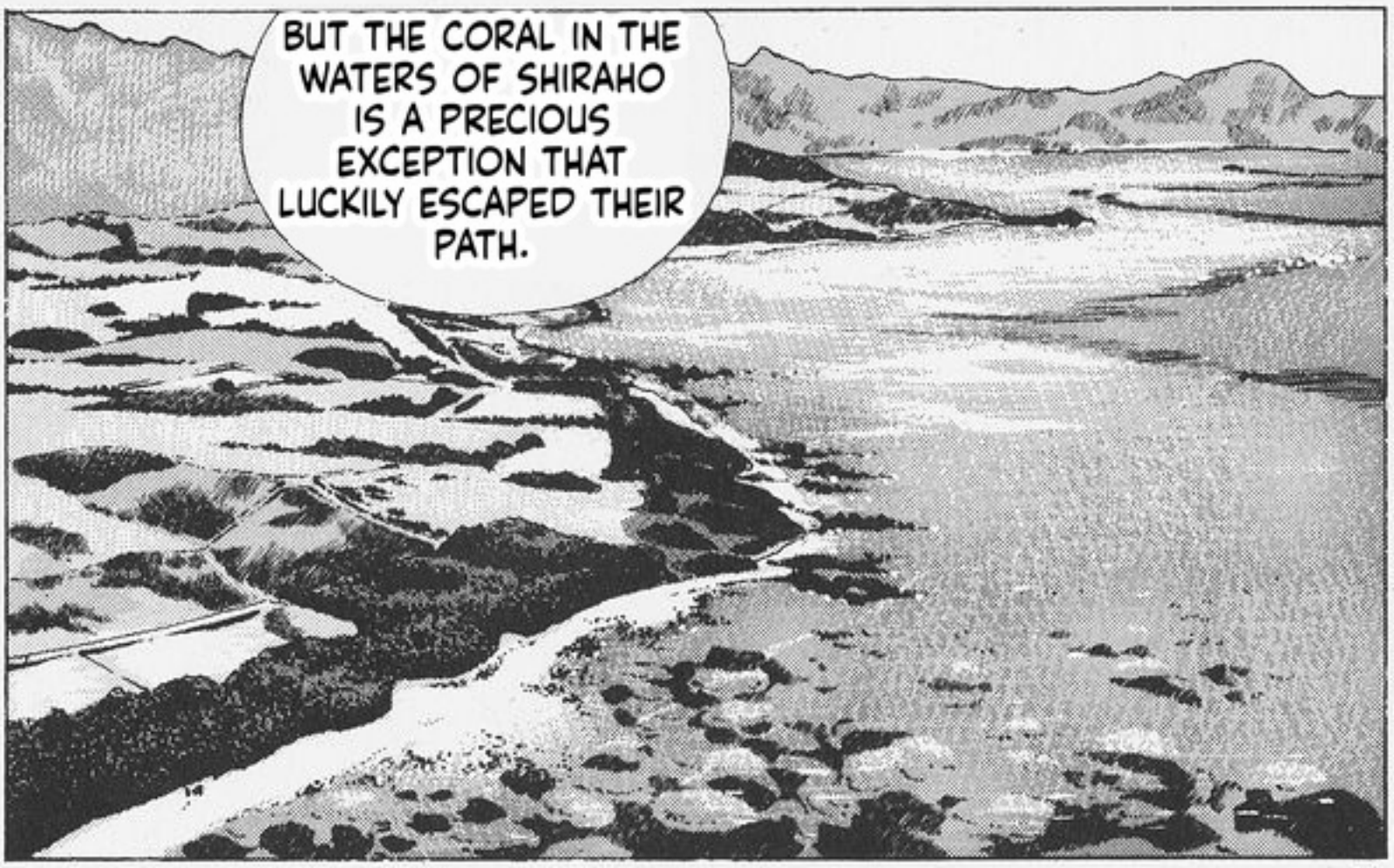

ANYONE WITH EVEN A SHRED OF LOVE FOR NATURE SHOULD BE ABLE TO HEAR THE SCREAMS OF THIS CORAL...

RIGHT NOW, THIS PALACE OF THE DRAGON KING IS ABOUT TO BE DESTROYED...

THEY ARE A RARE AND PRECIOUS TREASURE OF JAPAN... NO, OF THE ENTIRE WORLD...
THESE CORAL REEFS AREN'T JUST A TREASURE OF ISHIGAKI ISLAND ALONE...


AND THE REEFS OF THE OKINAWA ARCHIPELAGO HAVE SUFFERED TERRIBLE DAMAGE,
THE GIANT, GREEDY CROWN-OF-THORNS STARFISH IS A VILLAIN THAT DEVOURS CORAL,

IT IS A TREASURE THAT MUST BE PROTECTED AT ALL COSTS...


BUT THE CORAL IN THE WATERS OF SHIRAHO IS A PRECIOUS EXCEPTION THAT LUCKILY ESCAPED THEIR PATH.

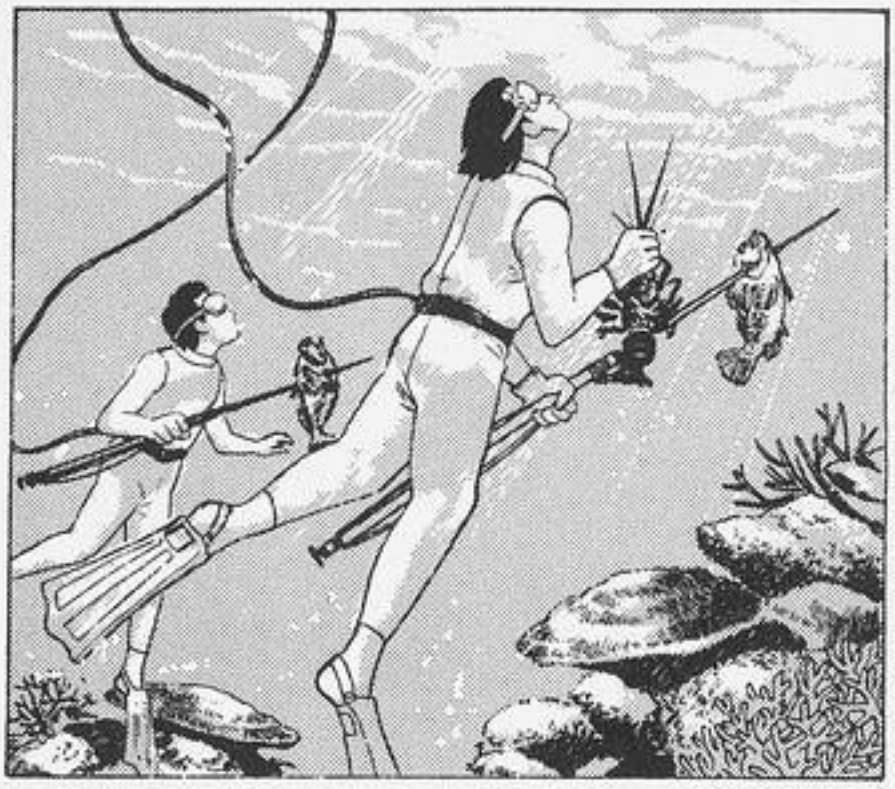
11

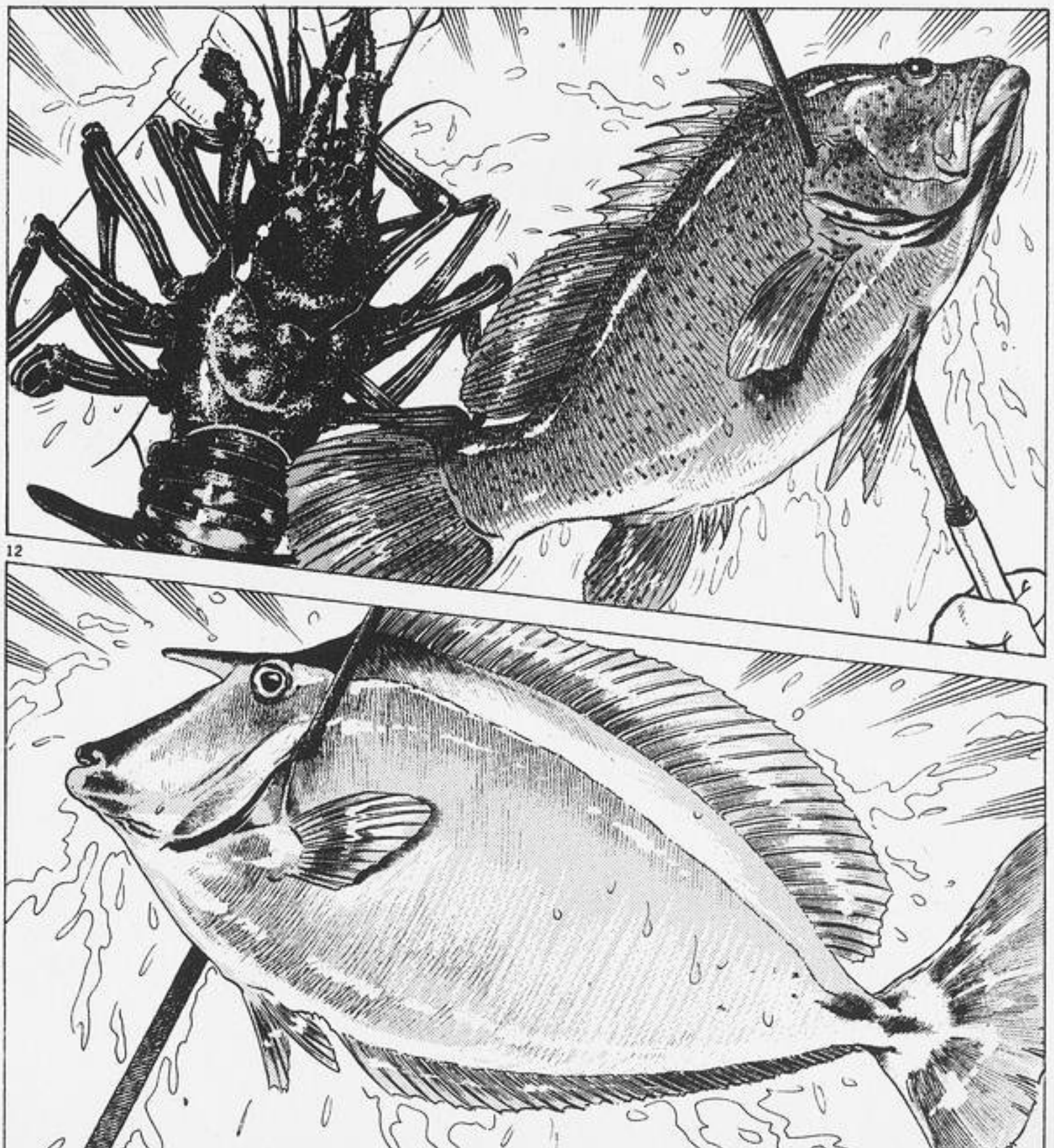
NO MATTER HOW MANY ROLLS OF FILM I HAVE, IT WON'T BE ENOUGH!
IT'S MAGNIFICENT!

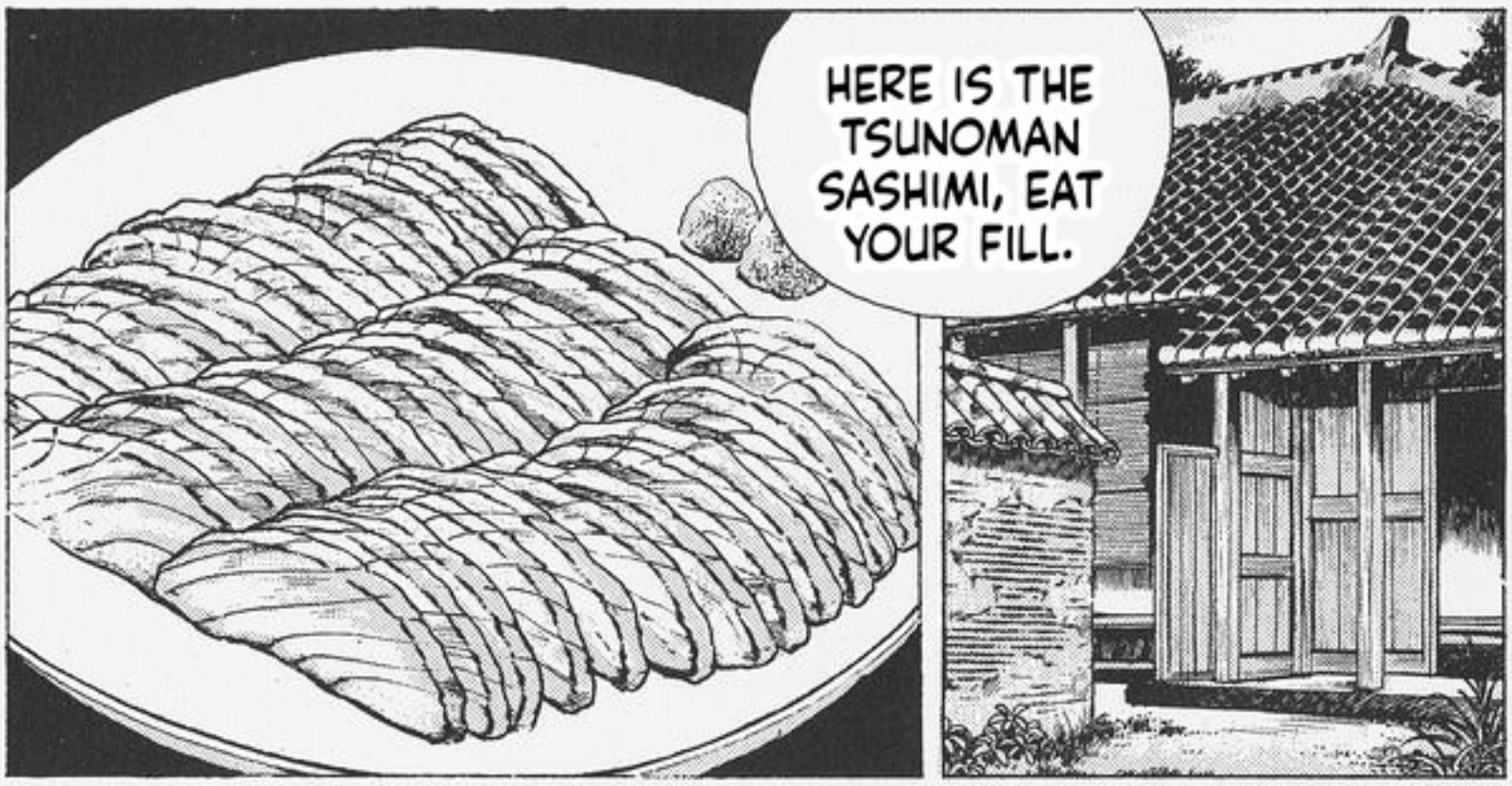
#"
"!

NOW HUMANS ARE TRYING TO DESTROY THE CORAL REEFS THAT MANAGED TO ESCAPE THE CROWN-OF-THORNS STARFISH.
HOW TRAGIC THIS IS...

IT'S A HUGE FEAST!
LOOK, A MASSIVE HAUL!





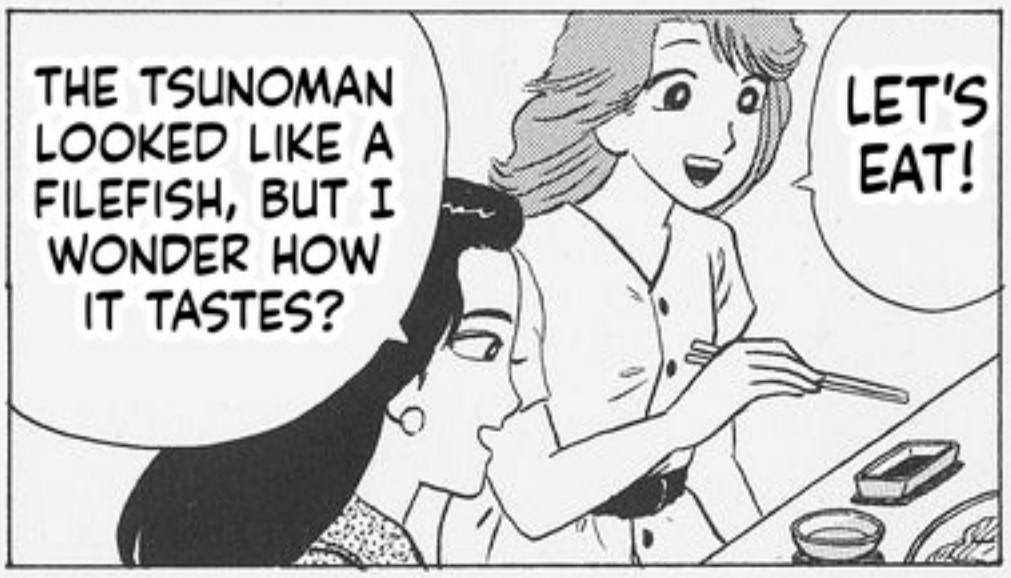

HERE IS THE TSUNOMAN SASHIMI, EAT YOUR FILL.

EHHH... WE DON'T GET TO EAT THE MIIBAI?

WE SELL THE MIIBAI TO THE RESTAURANTS. THAT'S HOW WE MAKE OUR LIVING.
HUH? YOU CAUGHT A MIIBAI TOO, DIDN'T YOU? WHAT HAPPENED TO IT?

TSUNOMAN IS DELICIOUS TOO, YOU KNOW.
DON'T BE SO GREEDY.

13


THE TSUNOMAN LOOKED LIKE A FILEFISH, BUT I WONDER HOW IT TASTES?
LET'S EAT!

SOY SAUCE IS GOOD, BUT IT'S ALSO DELICIOUS WITH VINEGAR MISO.

NO WAY!

I THOUGHT FISH FROM THE SOUTHERN SEAS WOULDN'T BE VERY TASTY SINCE THEY LACK FAT, BUT...

IT'S DELICIOUS.

IN MIYAKOJIMA, WE FINELY MINCE THIS 'TSUNARA' HERB AND EAT IT ALONG WITH THE SASHIMI.

IT HAS A UNIQUE FLAVOR THAT PAIRS PERFECTLY WITH THE VINEGARED MISO.

WAIT A MINUTE!

14

IT'S SURPRISING, REALLY, THINKING THAT STUFF LIKE THIS JUST GROWS WILD ALL OVER THE PLACE...

BUT HAVING THIS MAKES ME FEEL LIKE I COULD EAT THIS UNICORNFISH SASHIMI FOREVER.

THE SCENT AND TASTE AREN'T AS STRONG AS OTHER HERBS,

OH, YOU'RE RIGHT, IT REALLY BRINGS OUT THE FLAVOR OF THE FISH.

WHEN I REALIZE I'VE RUN OUT OF SIDE DISHES FOR MY RICE, I JUST HEAD OUT TO THE SEA.

I'M SO ENVIOUS.

GOOD GRIEF, HOW EASYGOING.

THE FISH ARE THE SAME WAY; THERE ARE PLENTY OF THEM IN THE SHIRAHO SEA.

SPRING, SUMMER, FALL, AND WINTER— THE SEA OF SHIRAHO GENEROUSLY BLESSES US WITH FISH, SHRIMP, SHELLFISH, AND SEAWEED.

THAT'S WHY WE CAN GET BY WITHOUT HAVING TO SLAVE AWAY.

IF I ATE FOOD LIKE THIS, I FEEL LIKE I COULD TRULY LIVE A LONG LIFE.

YOU'RE RIGHT. BEING BLESSED WITH SUCH ABUNDANT NATURE... THIS IS TRUE LUXURY.

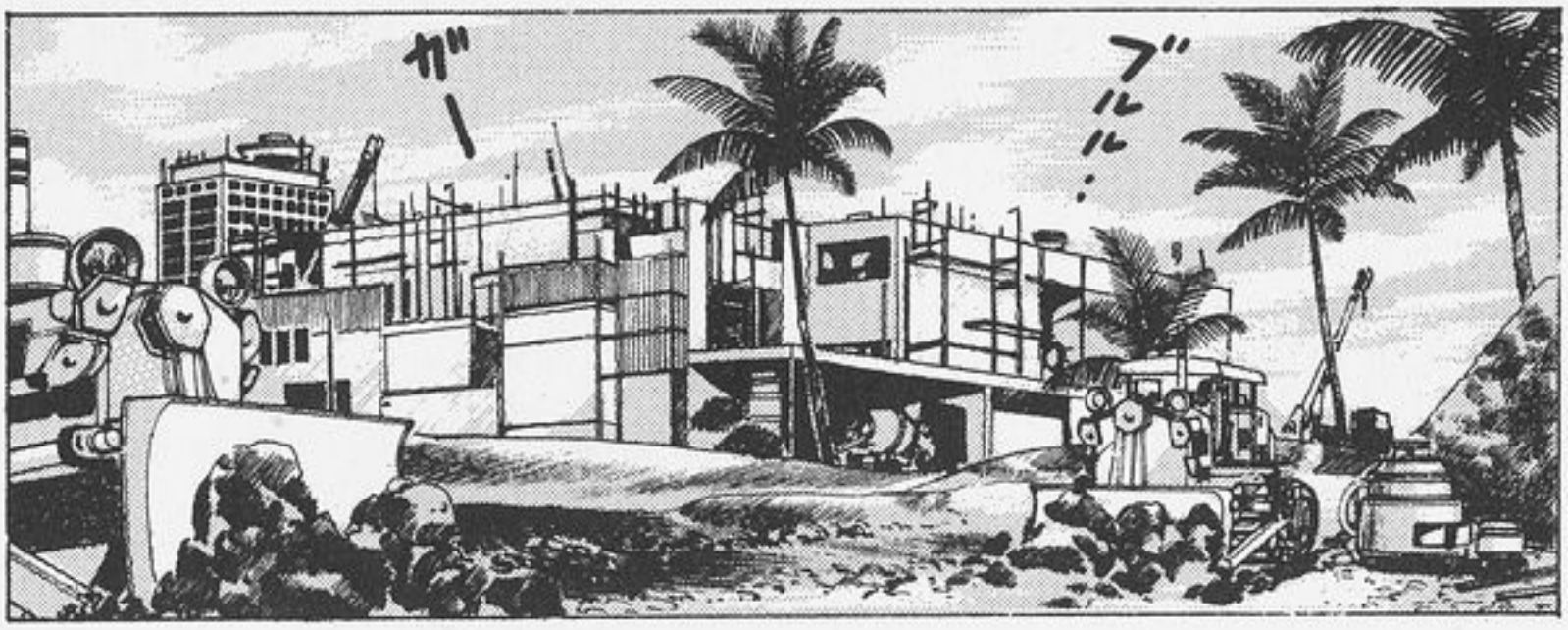
IT'S NOT FLASHY OR GLAMOROUS, BUT ISN'T THIS WHAT TRUE RICHNESS IS ALL ABOUT?

I THINK I'LL GO MEET THIS MAN NAMED TSUTSUGANE.

15

EH?

WHAT KAIBARA YUZAN WAS TALKING ABOUT... ISN'T IT ACTUALLY QUITE SIMPLE?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ONCE THE SHIRAHO SEA IS FILLED IN AND THE NEW ISHIGAKIJIMA AIRPORT IS COMPLETE, TOURISTS FROM THE MAINLAND WILL COME FLOODING IN!

THE GOLF COURSE AND THE HOTEL ARE SCHEDULED TO BE FINISHED AT THE SAME TIME.
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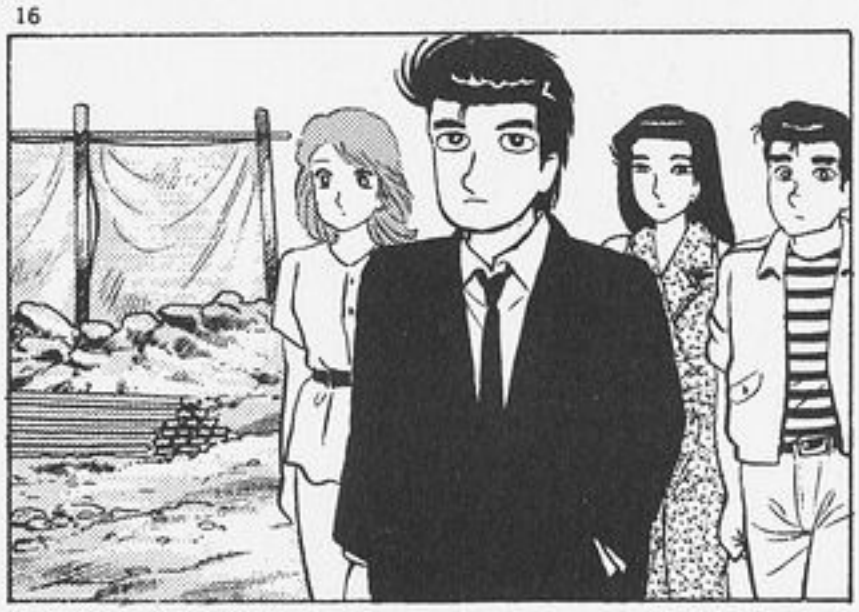
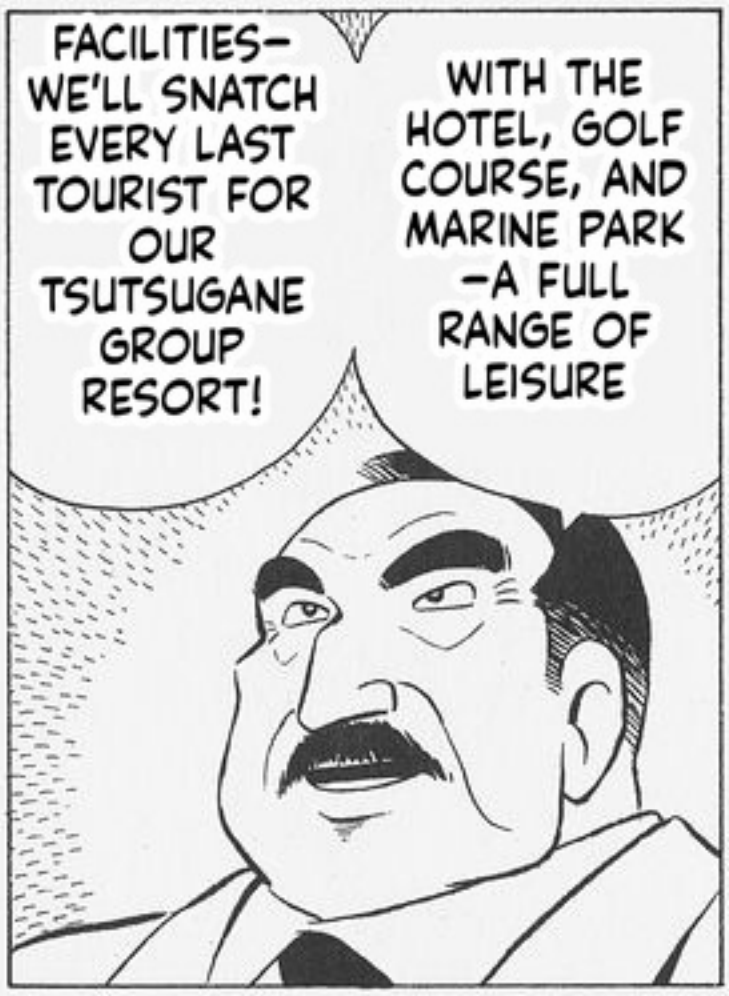
CONSTRUCTION IS PROCEEDING SMOOTHLY, AND...

WHAT?!
CHAIRMAN! THAT BRAT FROM EARLIER!

16




FACILITIES— WE'LL SNATCH EVERY LAST TOURIST FOR OUR TSUTSUGANE GROUP RESORT!
WITH THE HOTEL, GOLF COURSE, AND MARINE PARK —A FULL RANGE OF LEISURE

IN JUST TWO OR THREE HOURS FROM THE MAINLAND, PEOPLE CAN EXPERIENCE A MAGNIFICENT CORAL SEA THAT RIVALS EVEN THE FAR-OFF SOUTH PACIFIC.

THE GREATEST CHARM OF ISHIGAKI ISLAND IS ITS BEAUTIFUL SEA...

HAVE YOU FORGOTTEN? I CAME HERE TO SHOW YOU JUST HOW FOOLISH OF A HUMAN BEING YOU ARE.

WHAT DO YOU WANT?

WHY, YOU...!

YOU GO FURTHER AND RECLAIM THIS SHIRAHO CORAL REEF, THE VERY CHARM OF ISHIGAKI ISLAND WILL BE LOST.

EVEN NOW, WATER POLLUTED BY RED SOIL IS FLOWING INTO THE OCEAN AND RUINING THE BEAUTY OF THE EMERALD SEA; IF

BUT WHAT HAPPENS IF WE CALL IT RESORT DEVELOPMENT AND JUST KEEP PUTTING UP ARTIFICIAL STRUCTURES, DESTROYING NATURE?

17

THIS IS FOR THE BENEFIT OF ALL CITIZENS OF ISHIGAKI ISLAND.

DEVELOPING RESORTS AND BRINGING IN CROWDS OF TOURISTS WILL BE OF GREAT ECONOMIC BENEFIT TO ISHIGAKI ISLAND.

WHAT IS THIS SENTIMENTAL NONSENSE YOU'RE SPOUTING?

BUT WHAT WILL HAPPEN IF THE RESORT DEVELOPMENT YOU'RE PLANNING IS COMPLETED?

WHAT IS IT?

JUST THE CIVIL ENGINEERING AND CONSTRUCTION ALONE WILL DROP A MASSIVE AMOUNT OF MONEY INTO ISHIGAKI ISLAND.

THAT MAY BE TRUE; IF YOU ONLY THINK IN SHORT TERMS LIKE THREE OR FIVE YEARS, THE CITIZENS OF ISHIGAKI ISLAND MIGHT PROSPER ECONOMICALLY.

DISCOS, KARAOKE BARS...

MARINE PLAY PARKS, SHOPPING CENTERS,

HOTELS, GOLF COURSES,

18

YOU'LL LOSE THE SHIRAHO CORAL REEF—A WORLD TREASURE—AND THE BEAUTIFUL EMERALD SEA.

IN EXCHANGE FOR THOSE THINGS, ISHIGAKI ISLAND WILL LOSE THE THINGS THAT ONLY ISHIGAKI ISLAND HAS...

THOSE KINDS OF THINGS ARE EVERYWHERE IN JAPAN; YOU DON'T HAVE TO COME TO ISHIGAKI ISLAND FOR THAT!

EH...?

HMPH, A FEW TYPHOONS PASSED THROUGH LAST YEAR, YET RED CLAY SILT IS STILL SPREADING ACROSS ISHIGAKI ISLAND'S WATERS, ISN'T IT?

ONCE THE RED CLAY FLOWS INTO THE SEA, IT'LL ALL BE WASHED AWAY IF EVEN A SINGLE TYPHOON COMES.

HMPH... CORAL GROWS BACK IN NO TIME.

ONE LOOK AT CORAL REEFS AROUND THE WORLD MAKES THAT VERY CLEAR.

BESIDES, YOU SHOULD KNOW WELL THAT ONCE CORAL DIES, IT DOESN'T RECOVER EASILY—

NNNGH...

THE OCEAN HAS LOST ITS BEAUTY, AND THE CORAL REEFS ARE DEAD, EXPOSING NOTHING BUT WRECKAGE.

ALL THAT'S LEFT ARE CONCRETE LEISURE FACILITIES.

WHO ON EARTH DO YOU THINK WILL COME TO ISHIGAKI ISLAND WHEN IT LOOKS LIKE THAT?

CRUSH THE REEFS, AND STILL EXPECT LONG-TERM ECONOMIC PROSPERITY...

AND YET, BOTH YOU AND THE CITIZENS PUSHING FOR THE NEW AIRPORT WANT TO PROMOTE RESORT DEVELOPMENT,

WHETHER FOR THE CITIZENS OF ISHIGAKI OR FOR YOU RESORT OPERATORS, THIS IS A SUICIDAL ACT.

DESTROYING THE BEAUTY OF THE SEA AND THE CORAL REEFS— ISHIGAKI ISLAND'S GREATEST ATTRACTIONS—

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HEH HEH HEH...

THAT'S NOTHING MORE THAN WISHING FOR SUICIDE AND LONGEVITY AT THE VERY SAME TIME.

THANKING ME?

IT SEEMS I HAVE TO THANK YOU, TSUTSUGANE-SAN.

THAT'S RIGHT, AND ONE MORE THING.

IS THAT ALL YOU HAVE TO SAY?

YAMAOKA-SAN, HAVE YOU THOUGHT OF SOMETHING?

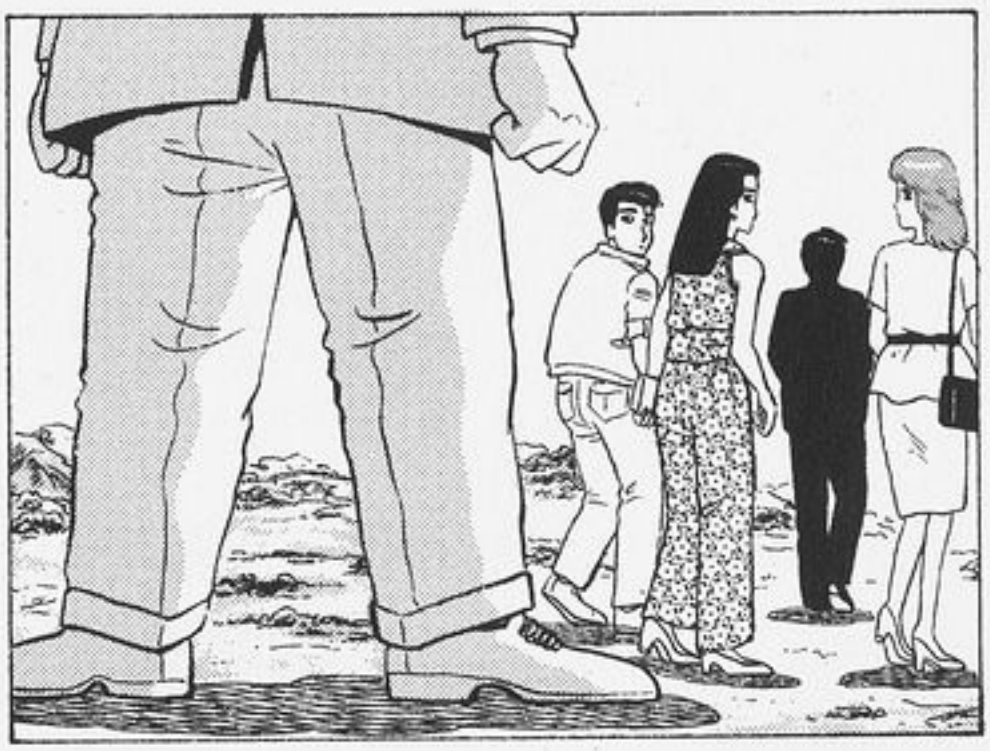
WHAT?!

WATCHING YOU SEEK BOTH SUICIDE AND LONGEVITY GAVE ME THE INSPIRATION FOR A DISH TO COUNTER KAIBARA YUZAN.

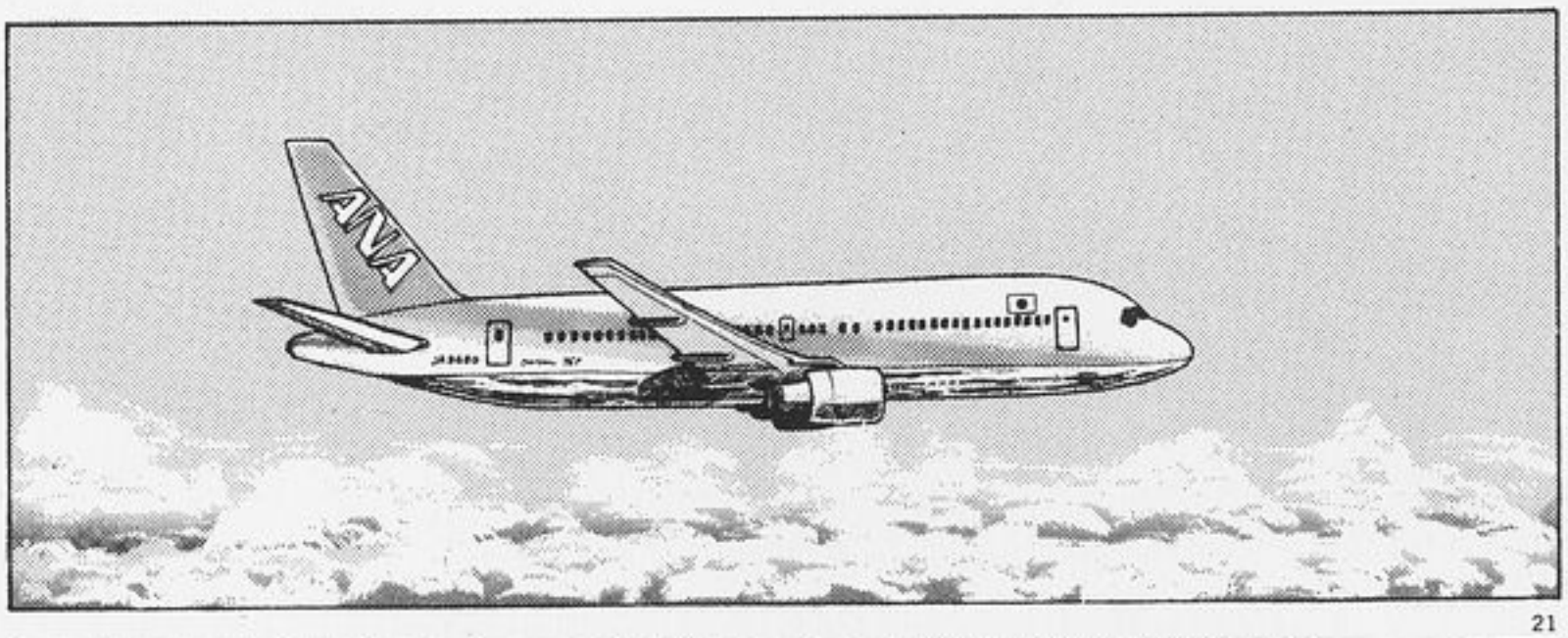
20

WELL THEN.

I'LL SEND YOU AN INVITATION, SO PLEASE COME AND TASTE THE 'ULTIMATE' VERSUS 'SUPREME' LONGEVITY BATTLE.



SAYING THAT SEEKING LONGEVITY IS NOTHING MORE THAN COMMITTING SUICIDE...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21

COMING UP WITH A DISH TO RIVAL KAIBARA YUZAN! I BET HE WON'T GET A WINK OF SLEEP!
BUT I REALLY FEEL FOR YAMAOKA-SAN.

AHHH, THE FOOD IN OKINAWA WAS SO DELICIOUS.

SHH, YOU DON'T HAVE TO BE SO MEAN.

HE'S GOT A LOT OF NERVE, HE'S ACTUALLY SLEEPING.

OR MAYBE HE'S JUST GIVEN UP ON THE MATCH?

WHAT DO YOU MEAN, GIVEN UP!?

LOOK AT THAT, HE BROUGHT A TRUMP CARD FOR THE MATCH.

22

WHAT! A TRUMP CARD!?

THE TRUMP CARD TO DEFEAT KAIBARA YUZAN IS... THAT!?

第2話
長寿料理対決!!
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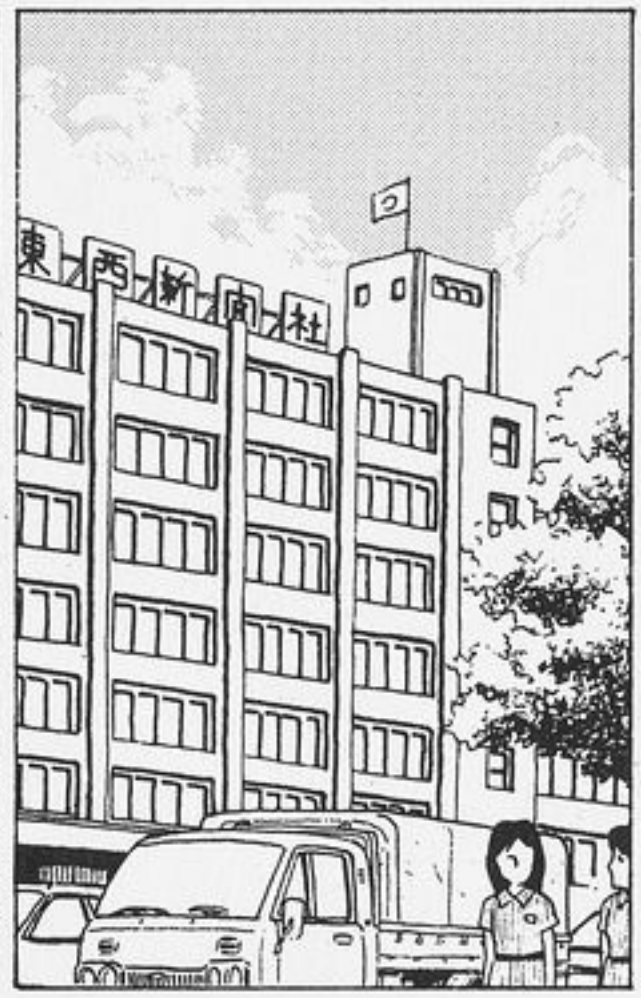
I FOUND MANY THINGS THAT WILL BE VERY HELPFUL IN CREATING DISHES FOR LONGEVITY.

I REALLY THINK IT WAS A GOOD THING THAT I WENT TO OKINAWA.



THIS COMPANY DOESN'T LOOK LIKE IT'LL LAST MUCH LONGER; MAYBE I SHOULD LOOK FOR A NEW JOB.

AH... TO THINK THE HEAD OF THE COMPANY WOULD TALK ABOUT MONEY SO QUICKLY...

WELL, SINCE YOU WENT, YOU'D BETTER HAVE SOMETHING TO SHOW FOR IT.

YOU'D BETTER, CONSIDERING HOW MUCH OF THE COMPANY'S MONEY YOU SPENT.

2

HUH?

IN EXCHANGE, YOU'D BETTER COMPENSATE FOR THE DAMAGES YOU'VE CAUSED THIS COMPANY BEFORE YOU QUIT.

HAH, WELL SAID! QUIT RIGHT NOW!

IN THE FIRST PLACE, YOU'VE DONE NOTHING BUT LAZE AROUND WITHOUT WORKING. THE FINANCIAL DAMAGE YOU'VE CAUSED THIS COMPANY AMOUNTS TO HUNDREDS OF MILLIONS OF YEN.

YOU'VE LOST TO THE 'SUPREME MENU' TIME AND AGAIN, DRAGGING OUR COMPANY'S NAME THROUGH THE MUD. THAT'S A SIN WORTHY OF TEN THOUSAND DEATHS.

IF KAIBARA YUZAN FOUND OUT YOU WENT ALL THE WAY TO OKINAWA JUST TO SCOUT FOR 'LONGEVITY FOOD' IDEAS, HE'D LAUGH HIS HEAD OFF.

I'M SURE YOU WERE JUST AIMLESSLY LOAFING AROUND IN OKINAWA, TOO.

THAT'S RIDICULOUS!

IF YOU DON'T LIKE IT, THEN TRY TO BEAT THE 'SUPREME MENU'!

NO MORE EXCUSES! EITHER PAY BACK THE DAMAGES IMMEDIATELY, OR-!

3

THAT'S THE THING, I RAN INTO KAIBARA YUZAN IN OKINAWA...

IT CAN'T BE...

WH... WHAT IS IT?

IT'S ALL TOJIN TOYAMA'S FAULT! HE PROBABLY SET THE WHOLE THING UP!

WHY ON EARTH WERE YOU WITH KAIBARA YUZAN IN OKINAWA?

SO THAT MEANS KAIBARA YUZAN HAS ALREADY READ OUR MOVE!

GOOD GRIEF! THERE'S NO WAY WE CAN WIN THEN!

YOU KNOW HE JUST WANTS TO HELP YOU...

I DON'T THINK THAT'S THE CASE.

HE GETS A KICK OUT OF STIRRING UP TROUBLE BETWEEN ME AND KAIBARA YUZAN.

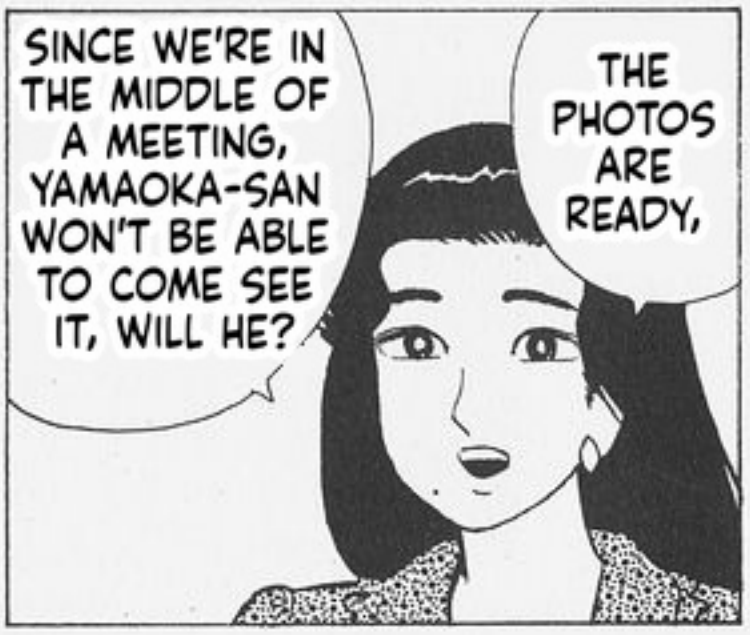
BUT, WHY WOULD-

4

AH, HELLO.

OH, SHUT UP.

THE OKINAWA PHOTOS? ALRIGHT, LET'S GO.
HEY, WAIT!


SINCE WE'RE IN THE MIDDLE OF A MEETING, YAMAOKA-SAN WON'T BE ABLE TO COME SEE IT, WILL HE?
THE PHOTOS ARE READY,

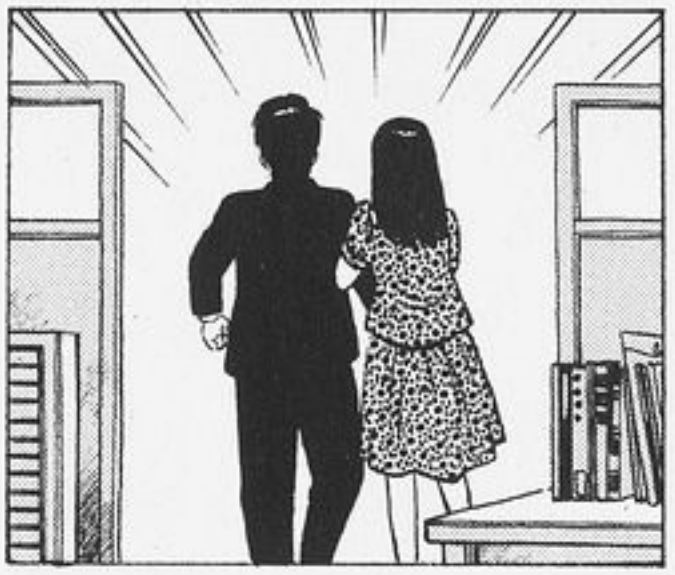
HEH...
THERE'S A PHOTO OF YAMAOKA-SAN AND ME WITH THE OKINAWAN SEA IN THE BACKGROUND. IT TURNED OUT REALLY WELL.

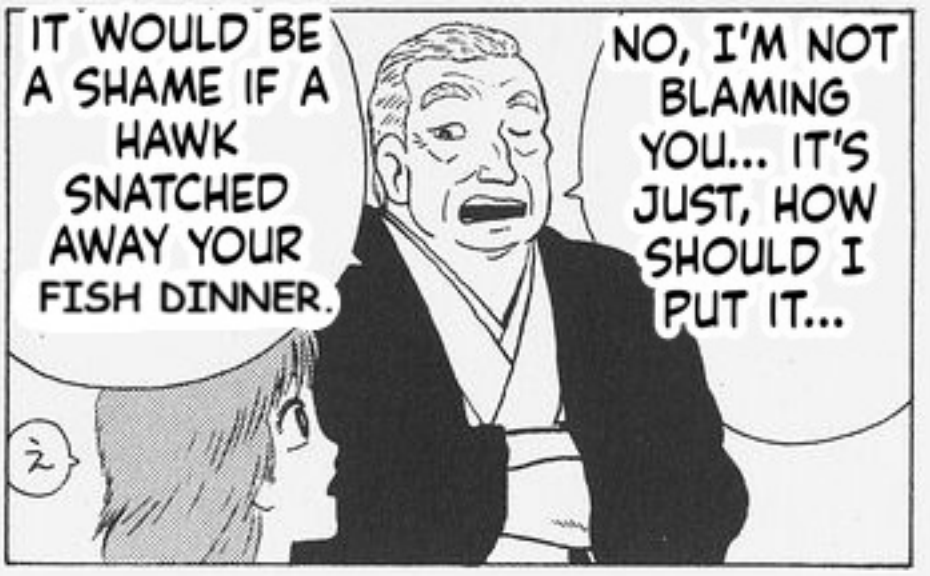
WE HAVEN'T FINISHED TALKING ABOUT THE CUISINE FOR LONGEVITY YET!

DON'T GET SO FLUSTERED! A SHORT TEMPER LEADS TO A SHORT LIFE.

HUH?
KURITA-KUN... THAT'S NOT RIGHT.

...THEY JUST IGNORED ME, THE PROPRIETOR OF THIS COMPANY, AND LEFT...
GOOD GRIEF, I DON'T EVEN KNOW WHAT TO SAY...




IT WOULD BE A SHAME IF A HAWK SNATCHED AWAY YOUR FISH DINNER.
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NO, I'M NOT BLAMING YOU... IT'S JUST, HOW SHOULD I PUT IT...

W-WELL, I WOULDN'T...

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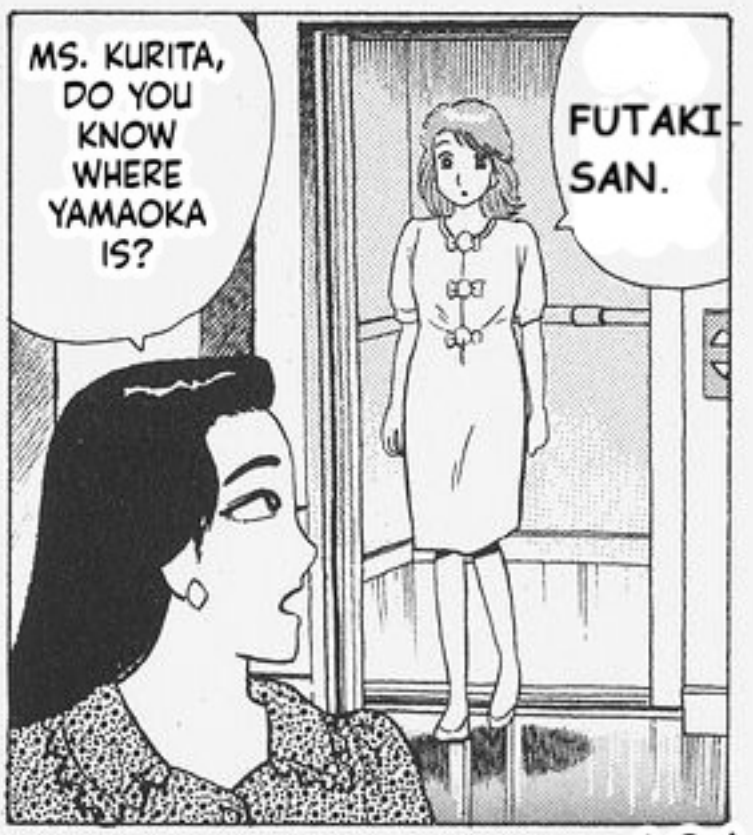
HUH? I THOUGHT HE WAS WITH YOU?

6
HE SAID HE HAD TO MAKE A QUICK PHONE CALL AND THEN...


MS. KURITA, DO YOU KNOW WHERE YAMAOKA IS?
FUTAKI-SAN.

I'M LOOKING FORWARD TO SEEING HOW IT TURNED OUT. LET'S GO FOR A TASTING.

I GAVE THE INGREDIENTS TO OKABOSHI-SAN AND HAD HIM MAKE A PROTOTYPE ACCORDING TO MY ORDERS.

A HUGE SUCCESS!

HEY, KURITA-SAN, NIKI-SAN!

IT'S THE COOKING FOR LONGEVITY.

WHAT IS IT?

LET'S GO!

WOW, I'M SO EXCITED!

PRIORITIZE THE LONGEVITY COOKING OVER THE PHOTOS.

YAMAOKA-SAN, THE PHOTOS OF OKINAWA...

7

WAIT...

HEY!

THE DAY OF THE CONFRONTATION —

8

SINCE THEN, THAT YAMAOKA FELLOW REPORTED THAT HIS LONGEVITY DISH IS COMPLETE AND TOLD ME NOT TO WORRY, BUT...

WHEN THAT MAN TELLS YOU NOT TO WORRY, IT ONLY MAKES ME MORE ANXIOUS.

HIS OVERCONFIDENCE HAS LEFT GAPS IN HIS LOGIC BEFORE, AND KAIBARA YUZAN HAS TAKEN HIM DOWN MANY TIMES...

THAT'S WHAT SCARES ME.

HE SEEMS QUITE CONFIDENT THIS TIME...

CHAIRMAN TSUTUGANE OF THE TSUTUGANE GROUP IS ALSO IN ATTENDANCE.

I'VE SENT OUT THE INVITATIONS.

NOW THEN, LET US HAVE THEM PRESENT WHAT KIND OF CUISINE LEADS TO LONGEVITY.

THE THEME THIS TIME IS ONE THAT GETS TO THE VERY ROOTS OF FOOD.

IN A SENSE, THIS IS ABOUT MAKING ONE'S OWN PHILOSOPHY ON FOOD CLEAR.

NOW, IF YOU PLEASE.

THIS TIME, WE START WITH THE 'SUPREME MENU' SIDE.

NOW THEN, LET US BEGIN...

WHILE IT IS CLEAR THAT THERE IS A CLOSE RELATIONSHIP BETWEEN LIFESPAN AND FOOD, FOOD ALONE DOES NOT DETERMINE HOW LONG ONE LIVES.

IT CAN BE SAID THAT LONGEVITY IS THE UNIVERSAL DESIRE OF ALL MANKIND.

I WOULD LIKE YOU TO KEEP THAT WELL IN MIND.

10

IN CHINA, THERE IS A SAYING: 'MEDICINE AND FOOD SHARE THE SAME SOURCE.' SINCE ANCIENT TIMES, THOSE IN POWER HAVE USED THEIR WEALTH AND INFLUENCE TO PURSUE ETERNAL YOUTH AND LONGEVITY.

AS A RESULT, THEY MOVED BEYOND MERE FLAVOR TO DISCOVER FOODS AND DEVELOP COOKING METHODS THAT PROMOTE LONG LIFE.

IT WOULD BE FOOLISH NOT TO BORROW THIS WISDOM OF CHINESE CUISINE.

DRIED SCALLOPS, FISH MAW, GOJI BERRIES,

AND THIS IS A SOUP MADE BY STEAMING GINSENG FOR OVER FOUR HOURS.

THE SILKIE IS A BIRD WITH WHITE FEATHERS BUT PITCH-BLACK SKIN,

FIRST, THIS SOUP I'VE SERVED YOU.

IT PROVIDES A MASSIVE AMOUNT OF ESSENTIAL AMINO ACIDS AND VITAMINS.

THE SCALLOPS AND FISH MAW PROVIDE NOT JUST UMAMI,

THE MEDICINAL BENEFITS OF GINSENG GO WITHOUT SAYING.

SILKIE CHICKEN SOUP IS WELL KNOWN FOR ITS HIGH NUTRITIONAL VALUE.

11

HMM, I BELIEVE I JUST HEARD SOMEONE MENTION SOMETHING ABOUT ITS EFFECTIVENESS.

IT'S SO NOURISHING, AND IT CERTAINLY FEELS LIKE IT'S WORKING...

MUHO! NOT ONLY IS THIS DELICIOUS, IT FEELS AS IF IT'S SOAKING DEEP INTO MY BODY...

ESPECIALLY THE PLAN TO RECLAIM THE SEA AT SHIRAHO TO BUILD AN AIRPORT...

THE OTHER DAY, I HAPPENED TO VISIT ISHIGAKI ISLAND IN OKINAWA AND SAW FIRSTHAND THE ISLAND-WIDE RESORT DEVELOPMENT PLAN,

LEST ANYONE MISTAKE THE FOOD I SERVE TODAY FOR A TYPE OF APHRODISIAC, LET ME ADD A FEW WORDS.

LET US COMPARE ISHIGAKI ISLAND TO THE HUMAN BODY.

I HAVE BEEN ABLE TO FORMULATE THE CORRECT APPROACH TO COOKING FOR LONGEVITY.

I HAVE REAFFIRMED THAT BUILDING UP STAMINA AND LIVING A LONG LIFE DO NOT NECESSARILY GO HAND IN HAND,

STIMULANTS SHOW EFFECTS IN THE SHORT TERM. THEY ROUSE PEOPLE, DRIVE THEM, AND MAKE THEM HYPERACTIVE.

IN TERMS OF THE HUMAN BODY, THIS IS LIKE PUMPING IT FULL OF STIMULANTS.

BUILDING RESORTS ALL OVER THE ISLAND AND CONSTRUCTING A NEW AIRPORT—EVEN RECLAIMING THE SEA—JUST TO ACCOMMODATE AS MANY TOURISTS AS POSSIBLE...

AS A RESULT, HEALTH IS COMPROMISED, AND ONE CANNOT LIVE A LONG LIFE.

THERE ARE SIDE EFFECTS. IT DAMAGES VITAL ORGANS LIKE THE HEART, KIDNEYS, AND LIVER.

IT DRAINS ONE'S PHYSICAL STRENGTH.

HOWEVER, THAT OFTEN FORCES THE HUMAN BODY TO ENDURE MORE THAN IT CAN HANDLE.

IT'S LIKE A HIDEOUS OLD MAN WHOSE BODY HAS FALLEN APART FROM OVEREXERTION.

THE SAME GOES FOR ISHIGAKI ISLAND. IT MIGHT GAIN ECONOMIC VITALITY FOR FIVE OR TEN YEARS, BUT IN THIRTY OR FORTY YEARS, THE PRICE FOR DESTROYING PRECIOUS NATURE WILL COME DUE.

DOUBT THAT BUILDING A NEW AIRPORT ON ISHIGAKI IS A RECKLESS ACT THAT DESTROYS PRECIOUS NATURE.

ENVIRONMENTAL DESTRUCTION CAUSED BY RESORT DEVELOPMENT IS A GLOBAL ISSUE NOW, AND THERE'S NO

WHAT AWAITS SUCH AN ISHIGAKI ISLAND IS RUIN.

WHY WOULD FICKLE TOURISTS EVER WANT TO VISIT AN ISHIGAKI ISLAND THAT LOOKS LIKE THAT?

13

GUH...!

BUT IF YOU EAT THIS REGULARLY, YOU CAN MAINTAIN YOUR HEALTH AND PHYSICAL STRENGTH.

IN THAT REGARD, THE DISHES I'VE PREPARED AREN'T AIMED AT SHORT-TERM VIRILITY.

IN THE LONG RUN, THE RESULT IS THAT YOU'LL BE ABLE TO LEAD A VIGOROUS LIFE.

IT'S SAD THAT PEOPLE DON'T THINK ABOUT LEAVING BEAUTIFUL NATURE BEHIND FOR THEIR CHILDREN AND GRANDCHILDREN.

SO THEY'RE DISHES MEANT FOR ENJOYING A LONG LIFE WHILE STAYING HEALTHY AND ACTIVE.

I SEE. EVEN WITH A LONG LIFE, IT'S NO FUN IF YOU'RE BEDRIDDEN AND CAN'T DO ANYTHING.

I USED CHINESE CULINARY TECHNIQUES TO REHYDRATE DRIED SHARK FIN UNTIL TENDER AND ADDED IT TO THE SOFT-SHELLED TURTLE HOT POT.

IT'S SHARK FIN.

WAIT? THERE'S SOMETHING ELSE IN HERE BESIDES THE TURTLE.

OH, SOFT-SHELLED TURTLE HOT POT, IS IT?

SHARK FIN IS ALSO RICH IN GELATIN, AND YOU CAN EXPECT PLENTY OF MINERALS FROM IT TOO.

AND WITH SHARK FIN ADDED TO THAT, IT'S LIKE GIVING A CLUB TO AN OGRE.

THE SOFT PART UNDER THE SHELL, KNOWN AS THE 'SKIRT,' IS PACKED WITH GELATIN THAT MAKES BLOOD VESSELS RESILIENT.

UNLIKE ANIMAL FAT, THE FAT FROM A SOFT-SHELLED TURTLE WON'T LEAVE BAD CHOLESTEROL STICKING TO YOUR VESSEL WALLS.

THE RED MEAT PROVIDES HIGH-QUALITY PROTEIN.

15

IT'S A BLEND OF TRADITIONAL JAPANESE MARU-NABE WITH THE WISDOM OF CHINESE CUISINE.

MMM, IT'S DELICIOUS, AND TO THINK IT STRENGTHENS THE BLOOD VESSELS IN BOTH MY BRAIN AND HEART IS A BLESSING!

EVERYTHING NEEDED TO STRENGTHEN BLOOD VESSELS—WHICH IS VITAL FOR PREVENTING AGING—IS GATHERED IN THIS ONE DISH.

THEY'VE BEEN LIGHTLY SAUTÉED IN PEANUT OIL.

FOR THE PEA SHOOTS, ONLY THE SOFTEST LEAVES AT THE VERY TIPS WERE GATHERED.

AND HERE ARE THE STIR-FRIED GARLIC SPROUTS.

NEXT UP IS THE STIR-FRIED PEA SHOOTS.

THE GARLIC SPROUTS WERE SEASONED WITH FERMENTED BLACK BEANS AND FISH SAUCE—KNOWN AS NUOC MAM IN VIETNAM AND NAM PLA IN THAILAND.

WHEN EATING, ADDING A SMALL AMOUNT OF SHRIMP PASTE SAUCE FOR FLAVOR REALLY BRINGS OUT THE TASTE.

16

NEXT IS THE CHESTNUT RICE.

AND THEIR FIBER ABSORBS HARMFUL SUBSTANCES IN THE INTESTINES WHILE STIMULATING BOWEL MOVEMENTS,

BOTH PEA SHOOTS AND GARLIC SPROUTS ARE RICH IN VITAMINS AND MINERALS,

PREVENTING WASTE PRODUCTS FROM STAYING IN THE BODY FOR TOO LONG.

IF CHESTNUTS AND BROWN RICE AREN'T COOKED UNTIL PLUMP AND SOFT, THEY'RE HARD TO DIGEST, SO USING A PRESSURE COOKER IS A GOOD IDEA.

RICE GROWN WITHOUT PESTICIDES OR HERBICIDES, COOKED AS BROWN RICE TOGETHER WITH CHESTNUTS.

IN CHINA, THEY'RE OFTEN STEWED WITH CHICKEN, BUT TODAY I MADE CHESTNUT RICE.

IN TRADITIONAL CHINESE MEDICINE, CHESTNUTS ARE SAID TO HAVE A GREAT EFFECT ON STRENGTHENING A WEAKENED BODY.

AND THE FLAVOR OF THIS BROWN RICE IS JUST INCREDIBLE!

EEEEK! CHESTNUT RICE IS MY ABSOLUTE FAVORITE!

BROWN RICE AND CHESTNUTS CONTAIN THAT STARCH, PLUS VITAMINS AND MINERALS, SO THEY'RE BEYOND REPROACH.

AS AN ENERGY SOURCE TO KEEP THE HUMAN BODY MOVING, HIGH-QUALITY STARCH IS THE BEST.

CHESTNUTS AND WALNUTS—YOU CAN REALLY FEEL YOUR ENERGY RETURNING WHEN YOU EAT THEM.

USING THOSE CHESTNUTS FOR CHESTNUT RICE... THAT'S IRRESISTIBLE TO A JAPANESE PERSON.

WHEN GROWN WITHOUT PESTICIDES OR HERBICIDES, IT DEVELOPS SUCH A PLUMP AND RICH FLAVOR.

17

WHEN BROWN RICE IS COOKED THIS SKILLFULLY, IT'S NO LONGER TOUGH OR UNPLEASANT ON THE TONGUE.

YOU PLACE THE BIRD'S NEST IN A BOWL, TOP IT WITH ROCK SUGAR, AND STEAM IT. THEN, YOU SERVE IT CHILLED.

FOR DESSERT, BIRD'S NEST,

BUT AS FAR AS BIRD'S NEST DESSERTS GO, THIS IS THE ULTIMATE.

IN CHINESE CUISINE, IT'S NOT UNCOMMON TO PUT IT IN SWEET COCONUT MILK OR USE IT IN DESSERTS.

ALL THIS EXPENSIVE BIRD'S NEST!

WHOA!

SWEETENING BIRD'S NEST IS SO UNEXPECTED!

THANKS TO THE SWIFTLET'S LABOR, IT'S IN AN EASY-TO-EAT FORM.

SEAWEED CONTAINS IODINE, CALCIUM, AND OTHER MINERALS, AS WELL AS PROTEINS BENEFICIAL TO THE HUMAN BODY.

BIRD'S NESTS ARE MADE BY SWIFTLETS ON COASTAL CLIFFS IN PLACES LIKE THAILAND, USING SEAWEED AS MATERIAL.

NOT ONLY IS THE AFTERTASTE REFRESHING, BUT I FEEL AS THOUGH MY ENTIRE BODY HAS BEEN REVITALIZED.

IT'S SIMILAR TO AGAR, BUT THE FLAVOR IS MUCH RICHER.

IT'S SO LIGHT; IT'S THE PERFECT DESSERT.

YUZAN, NOW THAT DESSERT IS SERVED, I TAKE IT THE 'SUPREME MENU' VERSION OF THE LONGEVITY MEAL IS OVER.

HOWEVER, THESE ARE ALL EXCEPTIONALLY EXTRAVAGANT DISHES.

19

I JUST HAVE ONE QUESTION, THOUGH.

NO, I'M NOT CRITICIZING YOUR COOKING FOR BEING EXTRAVAGANT.

BUT WHEN PURSUING THE 'SUPREME,' IT CANNOT BE HELPED.

IT IS INDEED EXTRAVAGANT. TOP-QUALITY SHARK FIN AND BIRD'S NEST ARE EXTREMELY EXPENSIVE.

?

A QUESTION?

PORRIDGE, PICKLED RADISH, LEAFY GREENS... APPARENTLY THAT IS ALL THEY EAT.

AND THOSE LONG-LIVED HIGH PRIESTS ALL EAT VERY SIMPLY.

THERE ARE MANY HIGH-RANKING ZEN MONKS WHO LIVE TO A GREAT AGE.

I OFTEN VISIT VARIOUS ZEN TEMPLES IN KYOTO,

THOSE HIGH PRIESTS WHO LIVE TO BE 80 OR 90 HAVE SURELY NEVER ONCE TASTED THE KIND OF EXTRAVAGANT LONGEVITY DISHES YOU'VE PREPARED HERE.

AND THEY ALL SAY THE SAME THING: A SIMPLE, FRUGAL DIET IS THE BEST WAY TO LIVE A LONG LIFE.

20

IN THE FIRST PLACE, AREN'T THINGS LIKE 'ULTIMATE' OR 'SUPREME' LONGEVITY DISHES MEANINGLESS?

I'M SAYING THAT THIS 'LONGEVITY CUISINE' YOU'VE PREPARED MIGHT BE COMPLETELY POINTLESS.

WHAT EXACTLY ARE YOU TRYING TO SAY?

IF A SIMPLE DIET IS THE SECRET TO THEIR LONGEVITY, THEN 'LONGEVITY CUISINE' BECOMES MEANINGLESS...

BUT IT'S TRUE THAT MANY HIGH-RANKING ZEN MONKS LIVE TO A VERY OLD AGE.

N-NO, DON'T SAY THAT NOW...

T-TO CALL IT MEANINGLESS...

IS THIS 'ULTIMATE' LONGEVITY CUISINE YOU'VE COME UP WITH AS EXTRAVAGANT AS KAIBARA'S?

SHIRO,

NOW, KAIBARA, IF THAT'S THE CASE, THEN COMPETING OVER LONGEVITY CUISINE BETWEEN 'SUPREME' AND 'ULTIMATE' BECOMES A SILLY FARCE.

IF ONE PRACTICES ZEN AND MAINTAINS A CALM MIND THROUGH A DEEP SPIRITUAL LIFE, COULDN'T THEY ACHIEVE LONGEVITY ON A SIMPLE DIET?

MM...

21

FROM THE PERSPECTIVE OF THOSE ZEN MONKS, THIS WHOLE THING MUST SEEM LIKE A TOTAL JOKE.

IN THAT CASE, YOUR LONGEVITY CUISINE IS POINTLESS.

BUT IT'S NOT SOME MEAGER DIET OF JUST PORRIDGE AND PICKLED RADISH.

W-WELL, UH, NO...

WHEN MASTER TOYAMA PUTS IT LIKE THAT...

AND SO, I CAME HERE TODAY LOOKING FORWARD TO FINDING A WAY TO LIVE A LONG LIFE WHILE STILL EATING DELICIOUS FOOD, BUT...

HE SAYS IF I KEEP EATING SUCH RICH FOOD, I'LL DIE YOUNG.

WELL, I HAVE AN ACQUAINTANCE WHO'S A MONK, AND KNOWING I'M A GOURMET, HE'S ALWAYS LECTURING ME.

IN THE FACE OF THE REALITY THAT ZEN MONKS LIVE LONG LIVES ON SIMPLE DIETS, WHAT DO YOU HOPE TO ACHIEVE BY CLEVERLY BRINGING UP 'LONGEVITY CUISINE'?

SHIRO, ANSWER ME. IS THERE ANY MEANING TO THIS SO-CALLED 'LONGEVITY CUISINE,' OR IS IT UTTERLY POINTLESS?

22

第2話
長寿料理対決!!
〈7〉

NOW, LET ME TELL YOU MY THOUGHTS.

YOU IDIOT! 'VENERABLE' WAS UNCALLED FOR!

THEREFORE, A SIMPLE DIET IS THE KEY TO LONGEVITY... OR SO THE VENERABLE TOYAMA TOJIN WOULD LIKE TO SAY, BUT...

HIGH-RANKING ZEN MONKS OFTEN LIVE TO A GREAT AGE, AND ZEN MONKS EAT SIMPLE MEALS...

AS IF HE'S IN ANY POSITION TO CALL SOMEONE IGNORANT OR UNEDUCATED!

HOW DARE YOU BE SO DISRESPECTFUL TO MASTER TOYAMA!

W-WHAT DID YOU SAY?!

THAT THEORY IS WRONG. TO PUT IT BLUNTLY, IT'S AN ERROR BORN OF UNSCIENTIFIC IGNORANCE AND LACK OF EDUCATION.

2

EH?

THEN, LET ME ASK YOU: DO ALL ZEN MONKS LIVE LONG LIVES?

SHIRO! HOW AM I BEING IGNORANT AND UNEDUCATED?!

ONE MUST STATISTICALLY CAPTURE THE AVERAGE LIFESPAN OF ALL ZEN MONKS AND CORRECTLY ANALYZE THEIR DIET FROM A NUTRITIONAL STANDPOINT.

WHETHER THE DIET OF A ZEN MONK IS TRULY A DIET FOR LONGEVITY...

3

WH-WHAT...?

TO PUT IT THE OTHER WAY AROUND, THEY MIGHT JUST BE EXCEPTIONS AMONG ZEN MONKS WHO HAPPEN TO LIVE LONG.

EVEN IF MANY HIGH PRIESTS ARE SAID TO LIVE LONG LIVES, THEY ARE JUST A HANDFUL COMPARED TO THE TENS OF THOUSANDS OF ZEN MONKS AS A WHOLE.

FIRST, I'D LIKE YOU TO CONSIDER THIS.

IS IT REALLY POSSIBLE TO GROW A HUMAN BODY AND MAINTAIN IT FOR MANY YEARS ON NOTHING BUT PORRIDGE, PICKLES, AND LEAFY GREENS?!

UGH...!

MUSCLES, BLOOD VESSELS, ORGANS, AND EVEN THE BRAIN ARE MADE OF PROTEIN.

IN THE HUMAN BODY, BONES ARE MADE OF CALCIUM,

IN ORDER FOR THE BODY TO FUNCTION SMOOTHLY, VITAMINS AND HORMONES ARE NECESSARY.

総頸静脈
肺
心臓
肝臓
胃
上行結腸
小腸

THERE ARE ONLY TWO POSSIBILITIES...

BUT IN REALITY, AREN'T THERE HIGH-RANKING ZEN MONKS WHO LIVE TO A VERY OLD AGE?

AND EVEN IF THEY SOMEHOW MANAGED TO GROW UP, THEY WOULD DIE YOUNG.

IF A CHILD CONTINUED SUCH A DIET FROM A YOUNG AGE, THEY WOULD DIE BEFORE REACHING ADULTHOOD,

4

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THE OTHER IS THAT THEY ARE EATING NUTRITIOUS FOOD OTHER THAN JUST PORRIDGE AND PICKLED RADISH...;

ONE POSSIBILITY IS THAT THOSE LONG-LIVED MONKS ARE MYSTICAL BEINGS WHO HAVE TRANSCENDED ORDINARY HUMANITY...

SINCE LONG AGO, MONKS HAVE USED TERMS LIKE 'PRAJNA WATER' AS A EUPHEMISM FOR SAKE.

ARE YOU SAYING THEY'RE SECRETLY EATING DELICIOUS FOOD BEHIND THE SCENES?!

THEN ARE YOU SAYING THAT A HIGH-RANKING ZEN PRIEST WOULD TELL A LIE,

SUCH A MEAGER DIET WON'T LEAD TO A LONG LIFE; IT WILL SURELY SHORTEN IT.

IF YOU DEFINE A 'SIMPLE DIET' AS ONE LACKING ESSENTIAL NUTRIENTS,

THERE IS SOME MERIT IN RECOMMENDING A SIMPLE DIET, BUT

IT'S MEANT TO MORALLY FORBID THE PURSUIT OF EXTRAVAGANT DELICACIES AND WARN AGAINST EXCESSIVE NUTRITION,

WERE YOU PERHAPS DAZZLED BY THE GLITTERING GOLD SURPLICES WORN BY HIGH PRIESTS?

FOR YOU TO BE CONFUSED BY SOMETHING EVEN SHIRO COULD UNDERSTAND,

THAT'S NOT LIKE YOU AT ALL, MASTER.

MMMGH...

5

SENSEI...

IT'S A COMMON STORY LATELY, BUT PEOPLE GET CAUGHT UP IN FAKE DIETARY CURES AND WEIGHT LOSS FADS,

YOU WILL END UP LOSING BOTH YOUR MONEY AND YOUR HEALTH.

IF YOU DON'T PROPERLY UNDERSTAND WHAT NUTRIENTS THE HUMAN BODY REQUIRES,

I UNDERSTAND YOUR FRUSTRATION WITH THE MODERN TREND OF SCIENTIFIC OMNIPOTENCE, BUT A SCIENTIFIC APPROACH TO THINGS IS IMPORTANT.

GAH, ENOUGH ALREADY...

HOWEVER, RECOMMENDING IT TO OTHERS IS A CRIME.

YOU ARE FREE TO BELIEVE FOR YOURSELF THAT A MEAGER DIET IS TRULY GOOD FOR THE BODY.

HO, GOOD GRIEF...

6

THIS ENSURES THAT THIS LONGEVITY COOKING COMPETITION DIDN'T END UP BEING MEANINGLESS.

LET US ASK THE HIGH PRIESTS ONCE MORE WHAT KIND OF DIETARY LIFE THEY HAVE ACTUALLY BEEN LEADING.

THAT'S RIGHT, HE MUST HAVE WANTED TO FIND SOME KIND OF OPPORTUNITY FOR THOSE TWO TO MAKE UP...

MAYBE THAT WAS MR. TOYAMA'S TRUE GOAL IN SUGGESTING THIS WHOLE THING...

THAT'S THE FIRST TIME I'VE EVER SEEN KAIBARA YUZAN AND YAMAOKA-SAN ACTUALLY COOPERATE...

!!

NOW THEN, WE SHALL CONTINUE THE LONGEVITY COOKING BATTLE.

'THE ULTIMATE MENU,' PLEASE PRESENT YOUR DISH.

I CAN'T JUST LEAVE EVERYTHING TO MR. TOYAMA. I HAVE TO DO SOMETHING MYSELF...

7

THE BASIS OF 'THE ULTIMATE MENU' VERSION OF LONGEVITY CUISINE IS...

SIMPLE EATING.

おぢいさん

I MEAN 'SOSHOKU' WRITTEN WITH THE CHARACTERS FOR 'SIMPLE' AND 'NUTRIENTS'— A PLAIN BUT WHOLESOME DIET.

WHEN I SAY 'SOSHOKU,' I DON'T MEAN 'COARSE' FOOD,

AND THIS AFTER YOU YOURSELF SAID THAT A POOR DIET SHORTENS ONE'S LIFESPAN!

SHIRO, ARE YOU MOCKING ME?!

IT'S LIKE THE MEALS OF THE ANCIENT CHINESE EMPERORS.

WITH SOFT-SHELL TURTLE, SHARK FIN, AND BIRD'S NEST, THEY WERE INCREDIBLY EXTRAVAGANT.

WHAT?!

THE LONGEVITY DISHES PRESENTED BY THE 'SUPREME MENU' SIDE JUST NOW...

8

UNLESS YOU'RE RICH, IT'S IMPOSSIBLE FOR US COMMONERS TO KEEP PROVIDING SUCH EXPENSIVE INGREDIENTS FOR 80 OR 90 YEARS.

IT'S A BIT HARSH IF ONLY THE RICH GET TO LIVE LONG LIVES.

IT'S TRUE THAT THE ONLY ONES WHO COULD EAT THE 'SUPREME MENU' VERSION OF LONGEVITY CUISINE ARE ROYALTY OR BILLIONAIRES.

IT'S IMPOSSIBLE FOR AN ORDINARY SALARYMAN.

YEAH, SERIOUSLY.

IT'S SIMPLY PROOF THAT YOU'RE AN IDIOT.

WHAT I'M TRYING TO SAY IS, IF YOU CAN'T MAKE LONGEVITY CUISINE WITHOUT GATHERING SUCH EXTRAVAGANT INGREDIENTS,

THERE WAS SUPPOSED TO BE NO BUDGET LIMIT FOR THE 'SUPREME' VERSUS 'ULTIMATE' CONFRONTATION!

WAIT A SECOND!

IT IS TRUE THAT BUDGET CONSTRAINTS AND THE DIFFICULTY OF OBTAINING INGREDIENTS ARE IRRELEVANT TO THE EVALUATION OF THE DISHES, BUT...

9

AH... SHIRO'S AT IT AGAIN...

WHAT?

IN REALITY, HE'S JUST A VAIN SHOW-OFF, LIKE A CORRUPT MONK WHO DECKS HIMSELF OUT IN A GLITTERING GOLD SURPLICE.

THE REASON IS THAT MR. KAIBARA JUST GAVE A HIGH-AND-MIGHTY LECTURE TO OLD TOJIN TOYAMA ABOUT THE IMPORTANCE OF A SCIENTIFIC MINDSET,

IF YOU OVERDO IT, YOU'LL SOUR THE JUDGES' IMPRESSION AND PUT YOURSELF AT A DISADVANTAGE.

YAMAOKA, RESTRAIN YOURSELF.

THE REPRESENTATIVE FROM TOZAI NEWS, PLEASE WATCH YOUR LANGUAGE.

WHAT OUTRAGEOUS INSOLENCE!

10

THE 'SUPREME MENU' SIDE IS DOING THE SAME—USING EXTRAVAGANT INGREDIENTS TO TRICK THE DINER INTO FEELING GRATEFUL.

A CORRUPT MONK HAS NO SUBSTANCE, SO HE DRESSES IN GOLD TO LOOK IMPORTANT.

BUT IF HE ACTUALLY THOUGHT SCIENTIFICALLY, HE WOULDN'T EVEN NEED TO USE THOSE KINDS OF INGREDIENTS.

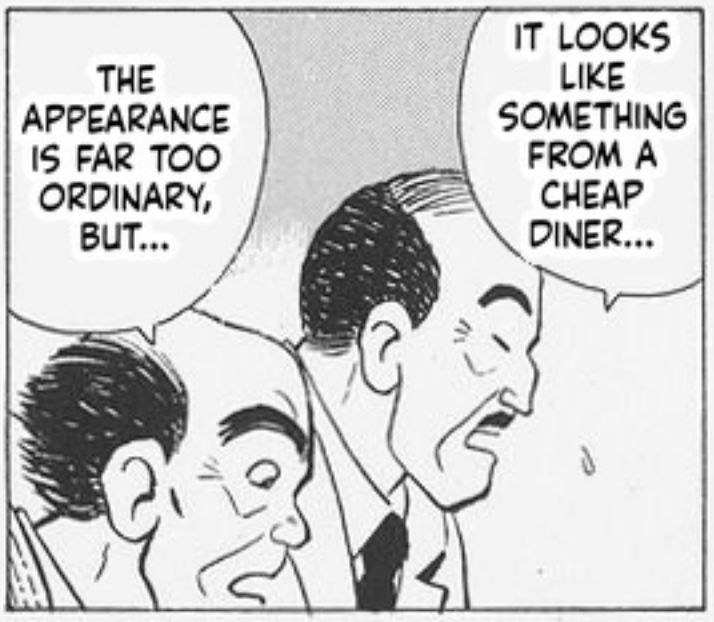
OH, HONESTLY...

YAMAOKA, GIVE HIM MORE!

FUTAKI-SAN, NO!

SHOW ME THE DISH.
ENOUGH WITH THE POINTLESS CHATTER.

11


THE APPEARANCE IS FAR TOO ORDINARY, BUT...
IT LOOKS LIKE SOMETHING FROM A CHEAP DINER...

WHAT THE HELL IS THIS?

A MUNDANE FACT?

THE RESULT WE FOUND WAS A SURPRISINGLY MUNDANE FACT.

WE WENT TO INVESTIGATE THE SECRET OF WHAT KIND OF DIET MADE SUCH LONG LIFE POSSIBLE.

AS YOU ALL MAY KNOW, OKINAWA IS THE PREFECTURE WITH THE LONGEST LIFE EXPECTANCY IN JAPAN.

IT WAS SIMPLY THAT OKINAWA'S COOKING METHODS, FOOD SELECTION, AND COMBINATIONS PERFECTLY MET THE PRINCIPLES OF NUTRITIONAL SCIENCE.

WITH THE EXCEPTION OF SEA SNAKES, OKINAWAN LONGEVITY FOOD CONTAINED NOTHING SPECIAL, EXPENSIVE, OR HARD TO FIND.

12

ASHITEBICHI (PORK FEET).

THAT IS THE OKINAWAN LONGEVITY DIET.

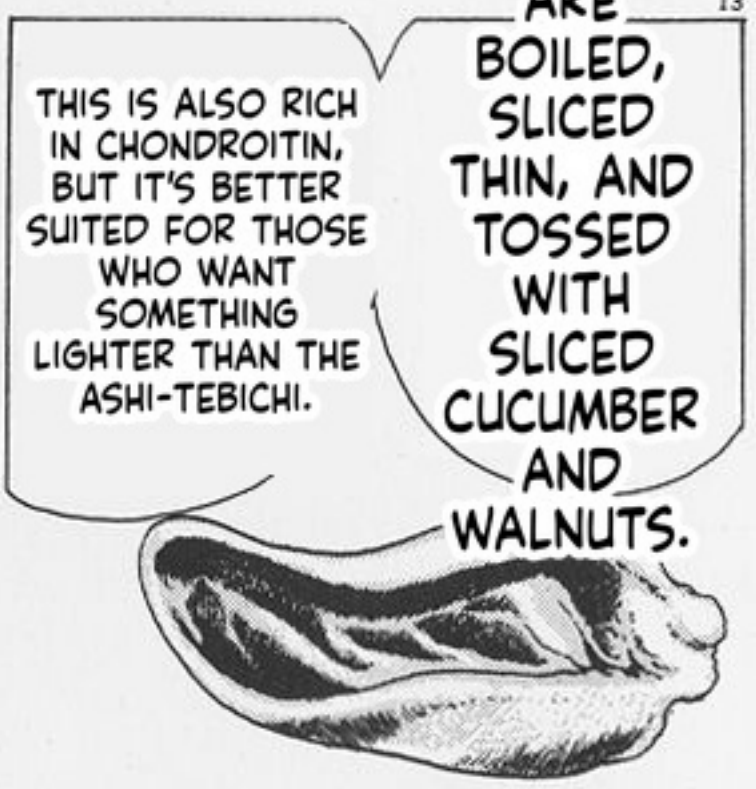
GIVING THE HUMAN BODY EXACTLY WHAT IT NEEDS, NO MORE AND NO LESS,

SO, USING THE OKINAWAN DIET AS A REFERENCE, WE TRIED TO CREATE A MODEL FOR LONGEVITY USING INGREDIENTS AVAILABLE ANYWHERE IN JAPAN.

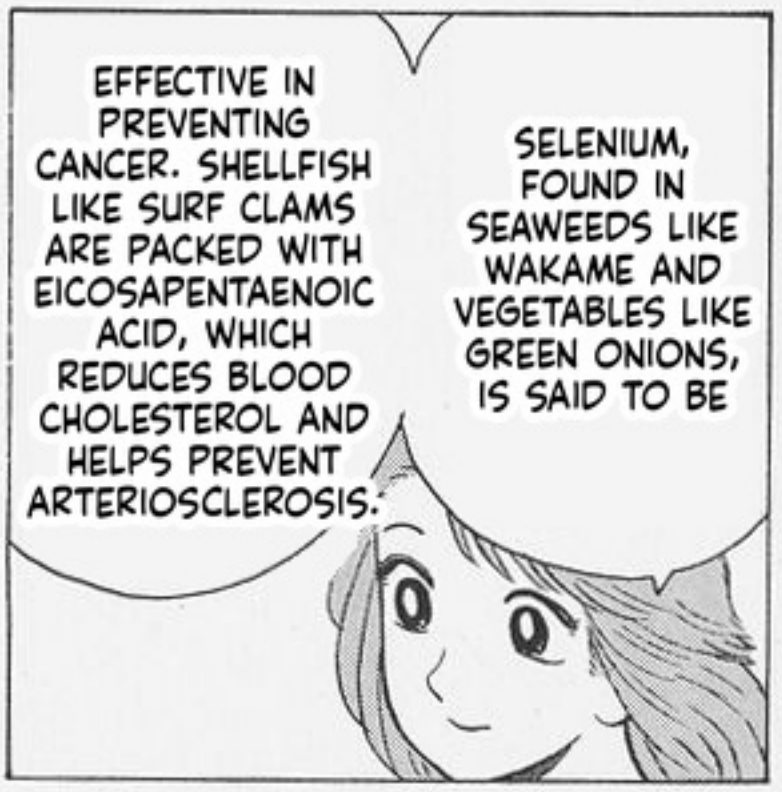
MIMIGA.

IT'S ALSO RICH IN CHONDROITIN, WHICH REJUVENATES CELLS, STRENGTHENS BLOOD VESSELS, AND PREVENTS AGING.
THE PIG'S FEET HAVE BEEN SLOW-SIMMERED AND SEASONED THOROUGHLY.
PIG'S EARS ARE BOILED, SLICED THIN, AND TOSSED WITH SLICED CUCUMBER AND WALNUTS.

MMM, THE ASHI-TEBICHI IS STICKY, MELTINGLY TENDER...


THIS IS ALSO RICH IN CHONDROITIN, BUT IT'S BETTER SUITED FOR THOSE WHO WANT SOMETHING LIGHTER THAN THE ASHI-TEBICHI.

BOTH OF THESE ARE EXCELLENT.
MIMIGA HAS A CRISP, CRUNCHY TEXTURE,


EFFECTIVE IN PREVENTING CANCER. SHELLFISH LIKE SURF CLAMS ARE PACKED WITH EICOSAPENTAENOIC ACID, WHICH REDUCES BLOOD CHOLESTEROL AND HELPS PREVENT ARTERIOSCLEROSIS.
SELENIUM, FOUND IN SEAWEEDS LIKE WAKAME AND VEGETABLES LIKE GREEN ONIONS, IS SAID TO BE

SEAWEED, GREEN ONION, AND SURF CLAM SALAD WITH VINEGARED MISO.

BUT THESE ARE SUCH ORDINARY DISHES.

THIS IS A SURPRISE.

FROM NOW ON, I SUPPOSE WE MUST SAY GRACE BEFORE WE EAT.

IN SHORT, THEY HAVE THE POWER TO FIGHT HUMANITY'S GREATEST ENEMIES: CANCER, CEREBRAL HEMORRHAGES, AND MYOCARDIAL INFARCTIONS.

FURTHERMORE, THE POTASSIUM IN SEAWEED LIKE WAKAME SUPPRESSES HIGH BLOOD PRESSURE, AND ALGINIC ACID PREVENTS CHOLESTEROL BUILDUP.

KOMBU, A CONCENTRATE OF SEAWATER MINERALS, AND SOYBEANS, HIGH IN PROTEIN AND LOW IN CALORIES.

THE KOMBU IS LIGHTLY SEASONED SO YOU CAN EAT PLENTY OF IT.

THIS COMBINATION STRENGTHENS THE LIVER AND MAINTAINS YOUTHFULNESS.

SIMMERED SHREDDED KOMBU AND SOYBEANS.

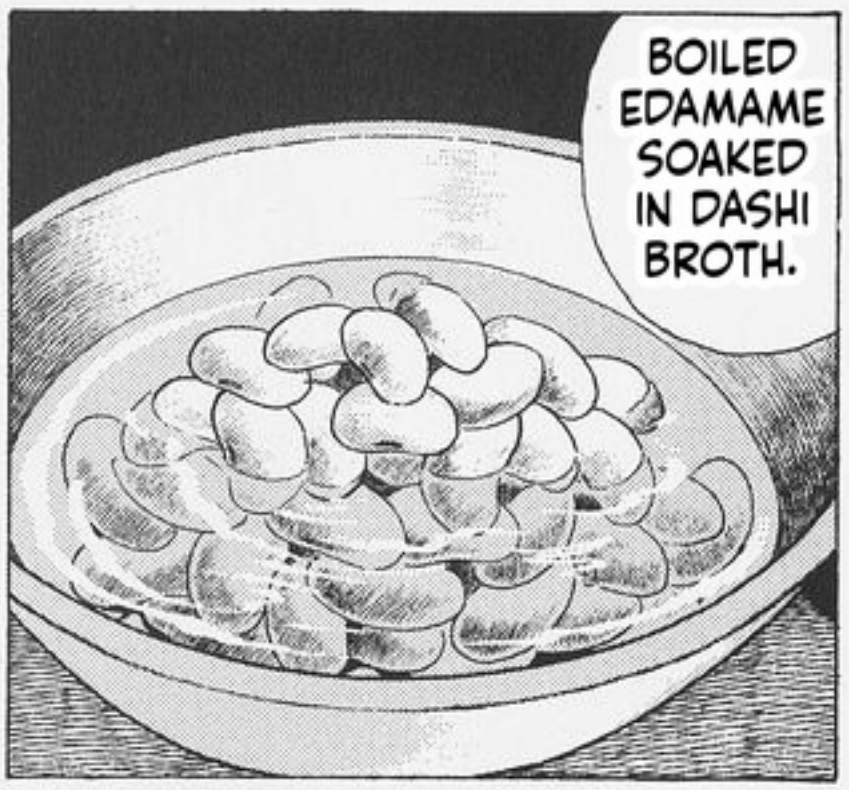
14

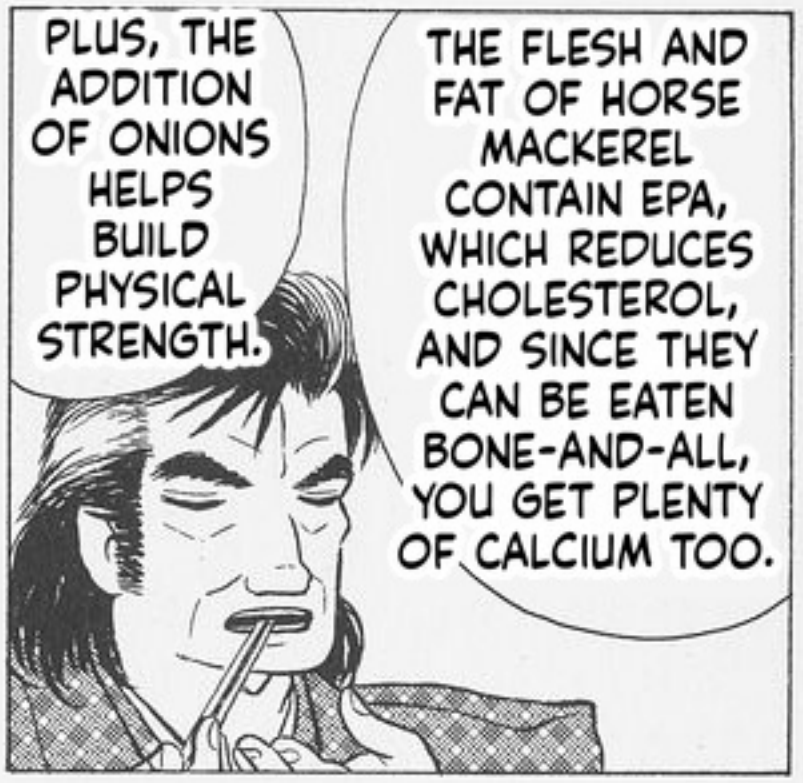
GREEN AND YELLOW VEGETABLES CONTAIN TWICE THE MINERALS AND VITAMINS OF WHITE VEGETABLES.

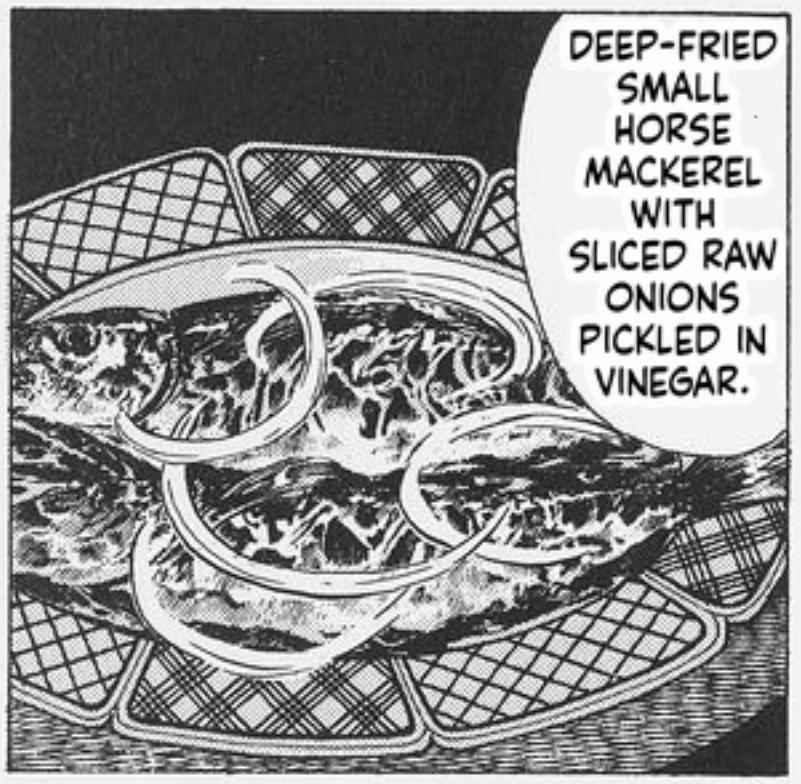
SAUTÉED RED BELL PEPPERS AND CHILI LEAVES, SEASONED WITH NUOC MAM.

THINLY SLICED PUMPKIN AND GARLIC SAUTÉED IN BUTTER.

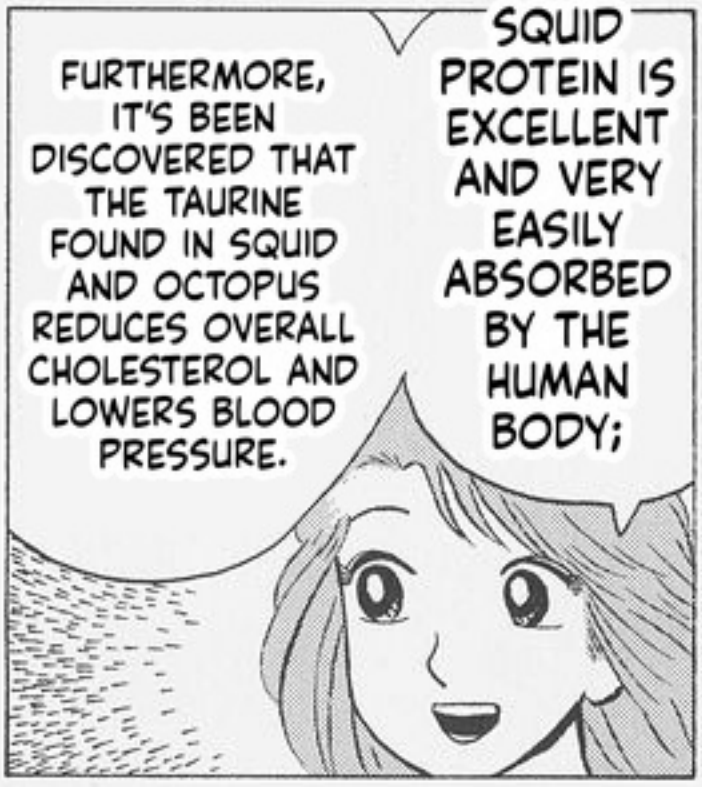
IT'S THE PERFECT WAY FOR ELDERLY PEOPLE WITH WEAK TEETH TO GET THEIR SOY NUTRIENTS.
EVEN THOUGH THEY'RE THE SAME SOYBEAN, COOKING FRESH EDAMAME LIKE THIS MAKES THEM SOFT AND EASY TO EAT.


BOILED EDAMAME SOAKED IN DASHI BROTH.


PLUS, THE ADDITION OF ONIONS HELPS BUILD PHYSICAL STRENGTH.
THE FLESH AND FAT OF HORSE MACKEREL CONTAIN EPA, WHICH REDUCES CHOLESTEROL, AND SINCE THEY CAN BE EATEN BONE-AND-ALL, YOU GET PLENTY OF CALCIUM TOO.


DEEP-FRIED SMALL HORSE MACKEREL WITH SLICED RAW ONIONS PICKLED IN VINEGAR.

15


FURTHERMORE, IT'S BEEN DISCOVERED THAT THE TAURINE FOUND IN SQUID AND OCTOPUS REDUCES OVERALL CHOLESTEROL AND LOWERS BLOOD PRESSURE.
SQUID PROTEIN IS EXCELLENT AND VERY EASILY ABSORBED BY THE HUMAN BODY;

SQUID INK SOUP.

FLOUNDER AND WHITING ARE SIMMERED IN A RICH, MILKY WHITE SAUCE, TOPPED WITH PARMESAN CHEESE, AND BAKED IN THE OVEN.

WHITE FISH GRATIN.

THE TRIPLE-STICKY MIX.

THIS IS A MIXTURE OF THREE INGREDIENTS: OKRA, NATTO, AND MOUNTAIN YAM.

EVEN THOSE WHO DISLIKE DAIRY SEEM TO ENJOY IT WHEN PAIRED WITH FISH LIKE FLOUNDER OR WHITING.

JAPANESE PEOPLE TEND TO HAVE A LOW INTAKE OF DAIRY, BUT SINCE IT'S RICH IN CALCIUM AND HIGH-QUALITY PROTEIN, WE SHOULD MAKE AN EFFORT TO CONSUME IT.

ほーほー

WITH THE ADDITION OF NATTO, THIS 'TRIPLE-STICKY' MIX IS A FAR MORE POWERFUL HEALTH BOOSTER THAN IT LOOKS.

MOUNTAIN YAMS ARE SO ENERGIZING THEY'RE OFTEN CALLED THE 'EELS OF THE MOUNTAINS.'

OKRA IS ALSO PACKED WITH VITAMINS AND MINERALS— ESPECIALLY CALCIUM, CONTAINING NEARLY AS MUCH AS MILK.

THE STICKINESS OF OKRA COMES FROM PECTIN, A DIETARY FIBER THAT HELPS LOWER CHOLESTEROL.

RICE CAN ENJOY IT. STARCH IS THE BEST FUEL FOR RUNNING THE ENGINE OF THE HUMAN BODY EFFICIENTLY.

THE SWEETNESS OF THE SWEET POTATO ADDS TO THE FLAVOR OF THE BROWN RICE, AND SINCE IT'S SOFT, EVEN THOSE WHO DISLIKE BROWN

BROWN RICE PORRIDGE WITH SWEET POTATOES.

FURTHERMORE, THE FIBER HAS A REGULATORY EFFECT ON THE INTESTINES.

IT'S A SURPRISINGLY LITTLE-KNOWN FACT THAT SWEET POTATOES CONTAIN 30% OF THE DAILY VALUE OF VITAMIN C PER 100G, AND THAT IT'S IN A FORM THAT DOESN'T EASILY BREAK DOWN EVEN WHEN COOKED.

EATING SEVERAL TYPES OF DISHES PREPARED WITH THIS PHILOSOPHY EVERY DAY IS THE POLICY FOR LONGEVITY COOKING THAT WE, THE 'ULTIMATE MENU' TEAM, PROPOSE.

THE TASTE IS QUITE GOOD, TOO.

I SEE, I SEE. THEY ALL LOOK ORDINARY, BUT THE SUBSTANCE IS QUITE EXTRAORDINARY.

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THE TWELVE DISHES WE'VE SERVED NOW ARE MERELY EXAMPLES.

HOWEVER, LOOK AT THE PIG'S FEET AND PIG'S EARS ON OUR SIDE.

WHAT I PRESENTED EARLIER WAS MERELY ONE EXAMPLE TO DEMONSTRATE THE POLICY OF THE 'ULTIMATE MENU' SIDE.

THAT APPLIES TO OUR SIDE AS WELL.

AND YET, THE PRICE ISN'T EVEN A TENTH OF THE COST.

THE FUNCTION OF SEAWEEDS LIKE WAKAME AND KOMBU IS THE SAME AS BIRD'S NEST.

BUT THE PRICE IS A FRACTION OF IT.

IN TERMS OF BEING RICH IN CHONDROITIN, WHICH STRENGTHENS BLOOD VESSELS AND REJUVENATES CELLS, IT IS IN NO WAY INFERIOR TO SOFT-SHELL TURTLE OR SHARK FIN.

THAT IS CERTAINLY TRUE.

FOOD THAT IS TOO DELICIOUS BECOMES TIRESOME...

BECAUSE THAT FOOD IS TOO DELICIOUS—SO DELICIOUS THAT YOU GET SICK OF IT.

NO, BEFORE WE EVEN TALK ABOUT WHETHER INGREDIENTS ARE EXPENSIVE OR CHEAP, THE LONGEVITY DISHES FROM THE 'ULTIMATE MENU' SIDE CANNOT BE EATEN EVERY DAY. WHY?

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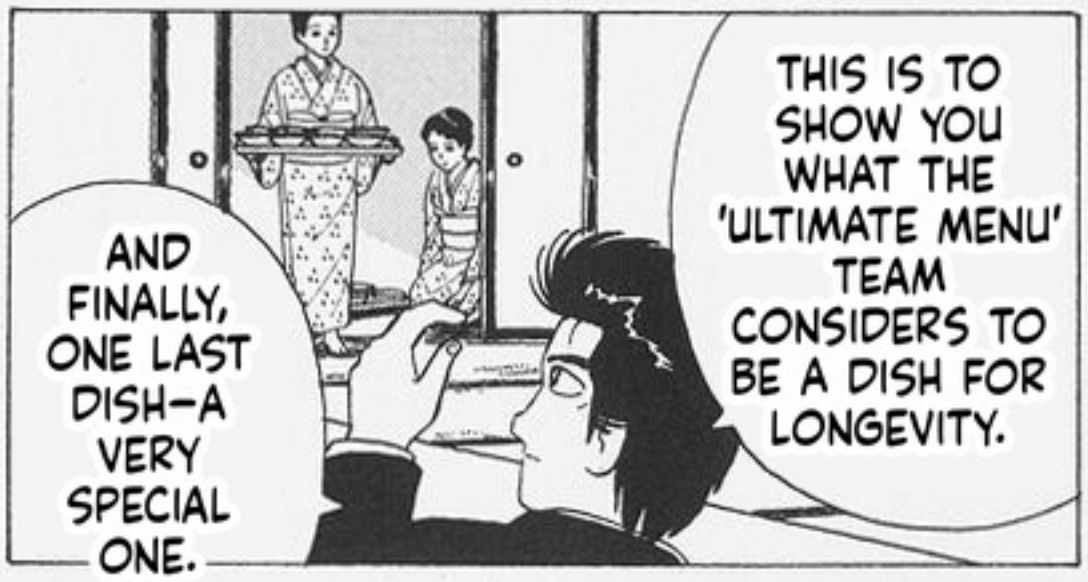
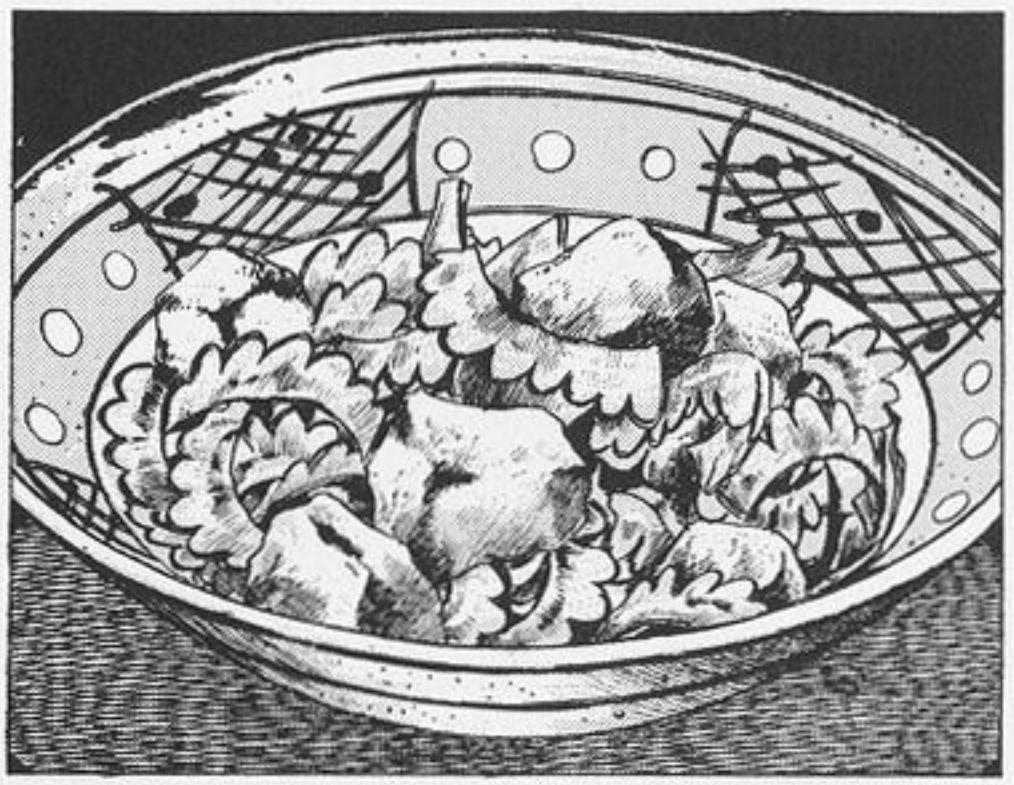
THE REASON WE DON'T TIRE OF EATING RICE EVERY DAY IS BECAUSE ITS FLAVOR IS SUBTLE, MODEST, AND UNDERSTATED.

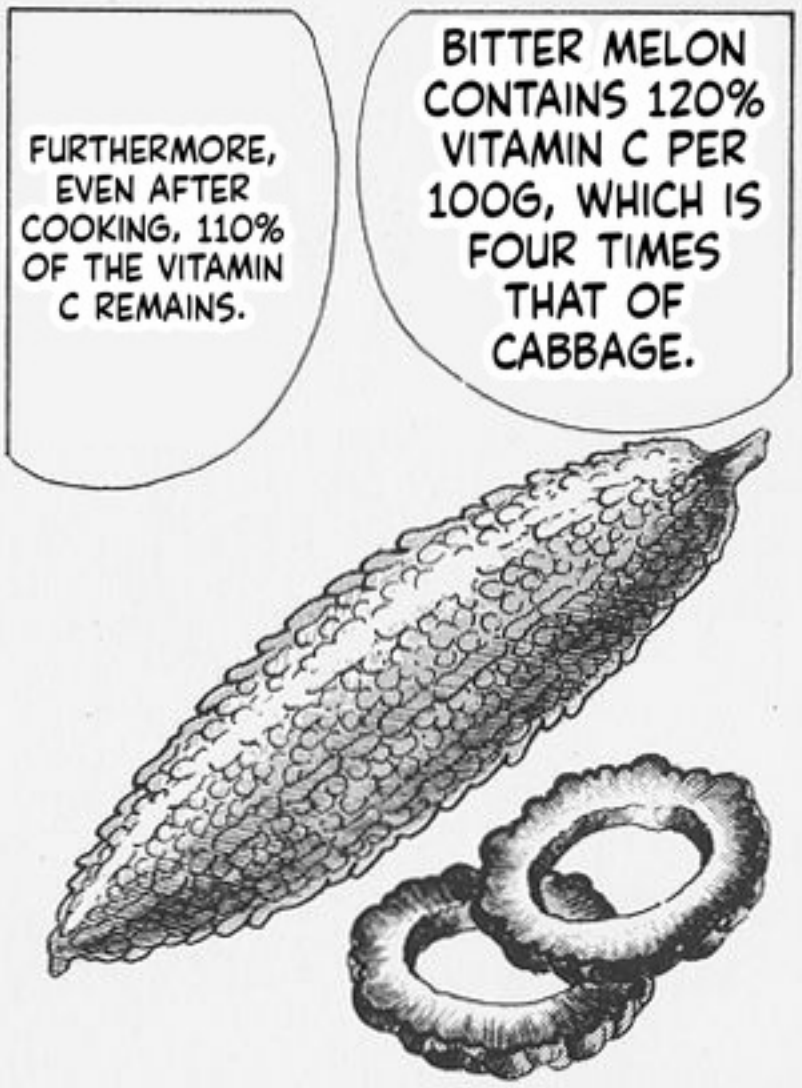
IT IS A LITERAL PAIN TO EAT GAUDY, DRESSED-UP 'SPECIAL OCCASION' FOOD EVERY SINGLE DAY.

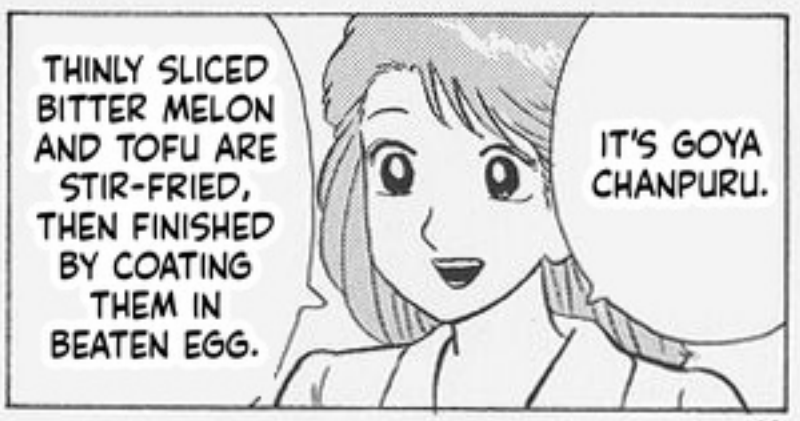

AND FINALLY, ONE LAST DISH—A VERY SPECIAL ONE.
THIS IS TO SHOW YOU WHAT THE 'ULTIMATE MENU' TEAM CONSIDERS TO BE A DISH FOR LONGEVITY.

MMM...

IS IT THIS VEGETABLE THAT GIVES IT THE BITTERNESS?
HEH... THIS HAS QUITE A UNIQUE FLAVOR.




FURTHERMORE, EVEN AFTER COOKING, 110% OF THE VITAMIN C REMAINS.
BITTER MELON CONTAINS 120% VITAMIN C PER 100G, WHICH IS FOUR TIMES THAT OF CABBAGE.


THINLY SLICED BITTER MELON AND TOFU ARE STIR-FRIED, THEN FINISHED BY COATING THEM IN BEATEN EGG.
IT'S GOYA CHANPURU.

SO WE STARTED BY MAKING THE TOFU OURSELVES.
IF THE TOFU ISN'T THE KIND UNIQUE TO OKINAWA—RICH YET WITH A CLEAN, NATURAL TASTE—IT WON'T BE GOOD,

AND THEN THERE'S THIS MAGNIFICENT OKINAWAN TOFU.

IN OKINAWA, THIS BITTER MELON IS AVAILABLE ALMOST ALL YEAR ROUND. IT'S NOT EXPENSIVE, EITHER.

I BELIEVE THIS IS THE ULTIMATE DISH FOR A LONG LIFE.

IT ALSO HELPS PREVENT COLDS AND AIDS IN RECOVERY FROM STRESS.

VITAMIN C IS ESSENTIAL FOR STRENGTHENING BLOOD VESSELS AND SKIN.

A DISH FOR LONGEVITY MADE WITH INGREDIENTS ROOTED IN THE LOCAL CLIMATE— NOT LUXURIOUS, BUT SOMETHING YOU NEVER TIRE OF EATING EVERY DAY.

IF YOU LOOK, YOU'RE BOUND TO FIND A DISH FOR LONGEVITY IN ANY REGION, JUST LIKE GOYA CHANPURU.

I BELIEVE THAT IS WHAT A TRUE DISH FOR LONGEVITY IS.

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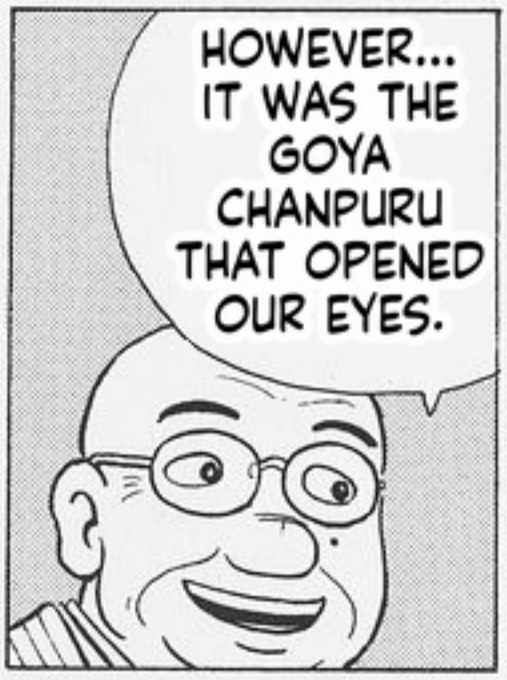
NOW THEN, LET US BEGIN THE JUDGING.

TO BE HONEST, I WAS UNDERWHELMED WHEN THE 'ULTIMATE' SIDE PRESENTED NOTHING BUT SIMPLE HOME-STYLE SIDE DISHES.
TODAY'S DISH FOR LONGEVITY -

IF YOU FOLLOW CORRECT NUTRITION AND EAT FOOD ROOTED IN THE LOCAL CLIMATE, YOUR LIFE FORCE ITSELF WILL UNLEASH ITS POTENTIAL AND ALLOW YOU TO LIVE LONG.
LIVING A LONG LIFE IS ACTUALLY NOT SUCH A PARTICULARLY DIFFICULT PROBLEM.


HOWEVER... IT WAS THE GOYA CHANPURU THAT OPENED OUR EYES.

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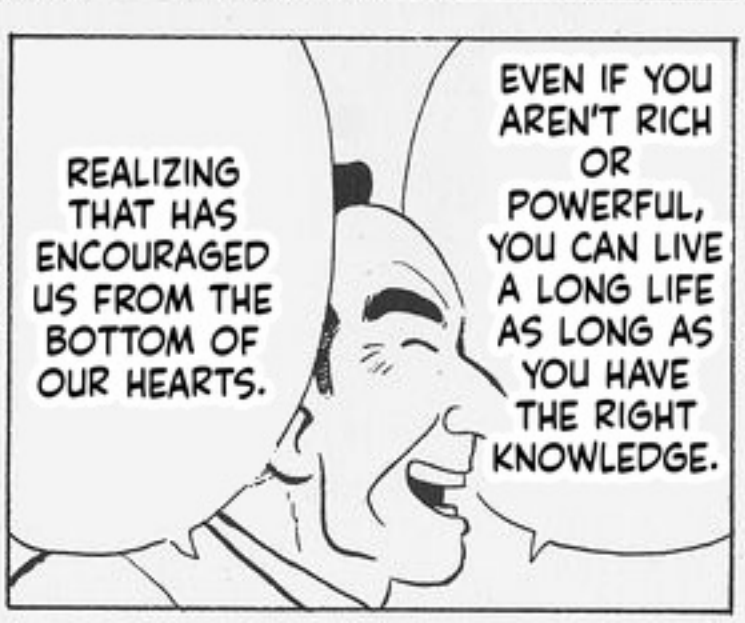
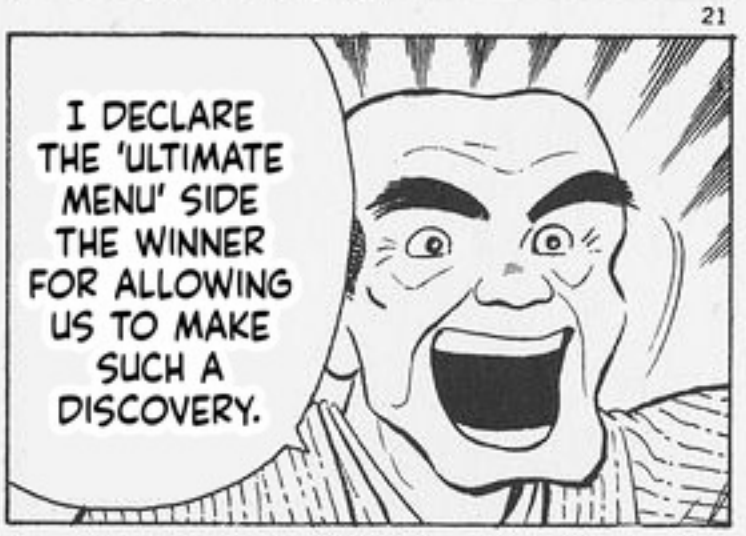

REALIZING THAT HAS ENCOURAGED US FROM THE BOTTOM OF OUR HEARTS.
EVEN IF YOU AREN'T RICH OR POWERFUL, YOU CAN LIVE A LONG LIFE AS LONG AS YOU HAVE THE RIGHT KNOWLEDGE.


I DECLARE THE 'ULTIMATE MENU' SIDE THE WINNER FOR ALLOWING US TO MAKE SUCH A DISCOVERY.

MR. TSUTSUGANE, WHAT DO YOU THINK?

I SUSPECT YOU DIDN'T CARE FOR EITHER OF THE LONGEVITY DISHES, DID YOU?

UGH...

IT WOULD BE STRANGE FOR SOMEONE WITH NO INTEREST IN THE LONGEVITY OF ISHIGAKI ISLAND TO BE INTERESTED ONLY IN THEIR OWN LONGEVITY.

KAIBARA YUZAN LOST, BUT HE DOESN'T SEEM BOTHERED AT ALL...

WHY...?

WAH HA HA! YOU PATHETIC, MONEY-GRUBBING MISER!

SHIRO WOULD NEVER HAVE COME UP WITH THE IDEA FOR TODAY'S DISH.

IF YOU HADN'T USED THE ISHIGAKI ISLAND NEW AIRPORT CONSTRUCTION ISSUE TO GUIDE SHIRO,

YUZAN...

HMPH... I'M NOT SO BORED THAT I'D BOTHER GUIDING A VULGAR LITTLE PUPPY LIKE HIM.

IF YOU DON'T KEEP THEM IN THE REFRIGERATOR, THEY TURN YELLOW AND MELT INTO A MUSHY MESS.

SO THE THING YOU CARRIED ALL THE WAY FROM OKINAWA IN A COOLER WAS BITTER MELON.

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BUT... WHEN I THINK ABOUT ISHIGAKI ISLAND, MY HEART FEELS HEAVY...

WE FINALLY BEAT THE 'SUPREME MENU' AFTER ALL THIS TIME, HOW DELIGHTFUL!

I CAN HEAR THE SPIRITS OF THE CORAL WEEPING...

ON TOP OF THAT, IF THEY ACTUALLY START RECLAIMING THE SEA AT SHIRAHO...

EVEN AS WE SPEAK, RED SOIL IS BLEEDING INTO THE OCEAN, DESTROYING THE BEAUTIFUL SEA,

EH?

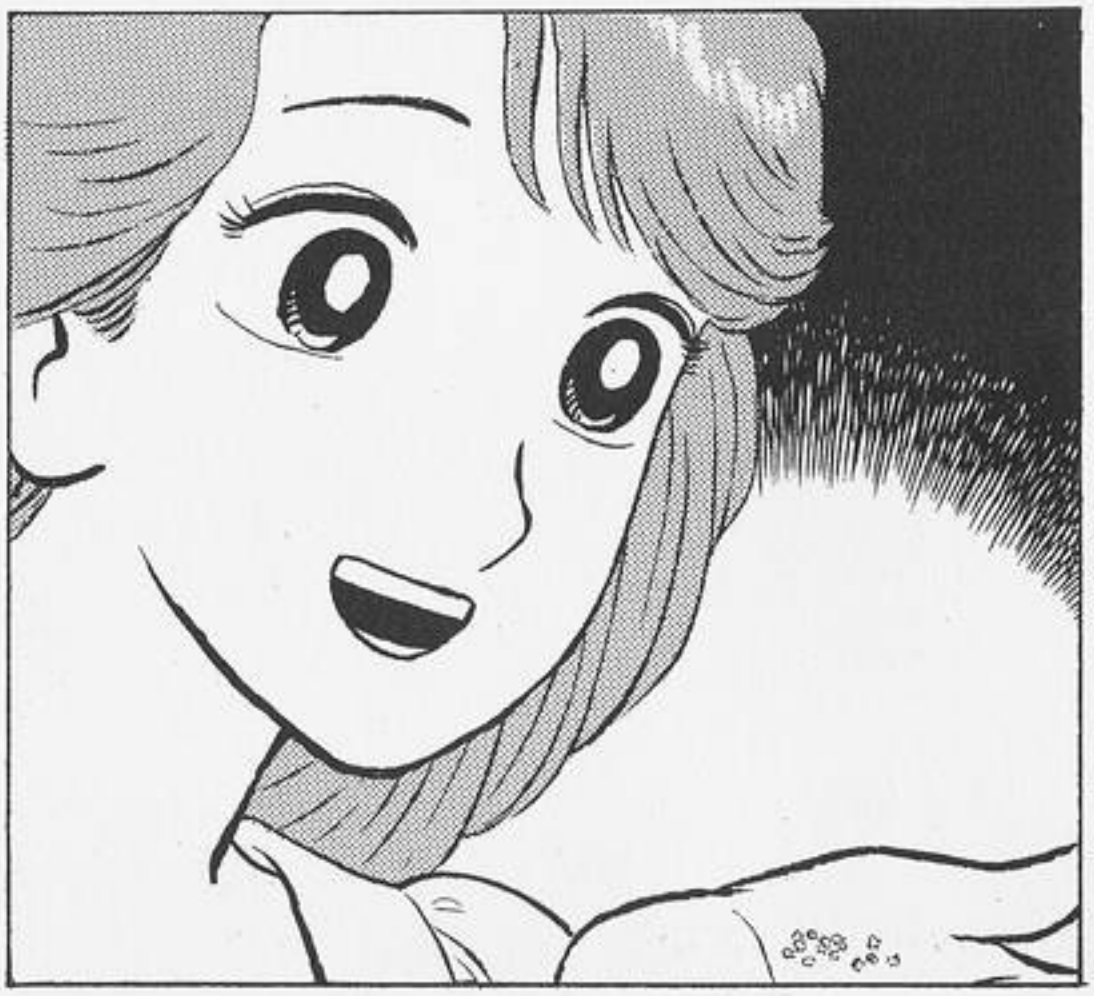
LET'S REPAY ISHIGAKI ISLAND FOR THE VICTORY THEY GAVE OUR LONGEVITY CUISINE.

THANK YOU VERY MUCH!

CHAIRMAN OHARA!

WE CANNOT LET ISHIGAKI ISLAND DIE.

OUR COMPANY WILL TAKE UP THE ISSUE OF THE NEW AIRPORT CONSTRUCTION.



美味(おい)しんぼ28　—長寿料理対決!!—

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